

# Gaylord Hospital

Invites you to attend the:

## Spinal Cord Injury Support Group

*Please join us in welcoming **Erika Ozdemirer PT, DPT, NCS**  
and **Erin Lampron, PT, MSPT, NCS** as they present:*

### “Exercise and Spinal Cord Injury”

**Why exercise? What are the benefits?**

**What are current exercise  
recommendations?**

**When: Monday August 17<sup>th</sup> at 5:00 pm**

**\*\*\*PLEASE NOTE CHANGE IN MEETING DATE!!!!\*\*\***

**Where: Luscomb gym (inpatient) at Gaylord Hospital**



**Bring your questions! Bring a friend!**

This program is sponsored by the CT Chapter of the National Spinal Cord Injury Association and Gaylord Hospital

Any questions please call: (203) 284-2875  
Ask for Erin Lampron or Erika Ozdemirer

