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\(^{th}\) 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