Ace CARE
Exercise Program for Individuals Post- Stroke

What Our Program Offers:
This program is designed by University of Evansville Doctor of Physical Therapy students and other healthcare students for individuals who would like to initiate or continue an exercise program after a stroke. Parameters will be set within safe ranges as identified by the American Heart and America Stroke Association. Sessions will be focused on improving everyday function in the home and community, and therefore will be tailored to the needs of the group.

Participation Requirements:
• Obtain a physician referral/release
• Require only minimal to moderate physical assistance with mobility
• Walk a minimum of 50 feet with or without an assistive device
• Able to follow simple commands
• Complete initial screening

Directions:
Head East on Walnut Street, turn left onto Frederick Street at the tennis courts, turn left into parking lot.

University of Evansville
1800 Lincoln Avenue
Evansville, IN 47722

Program is offered every Thursday 5:30-6:30PM at the University of Evansville Carson Center Small Gym

You may contact AceCAREUE@gmail.com with any questions or for more information. Please call (812) 431-4832 to schedule your physical screening! Please leave a message with your name and number.