

Club REACH

Tuesdays and Thursdays

8:30 am to 4 pm

WakeMed Health Park

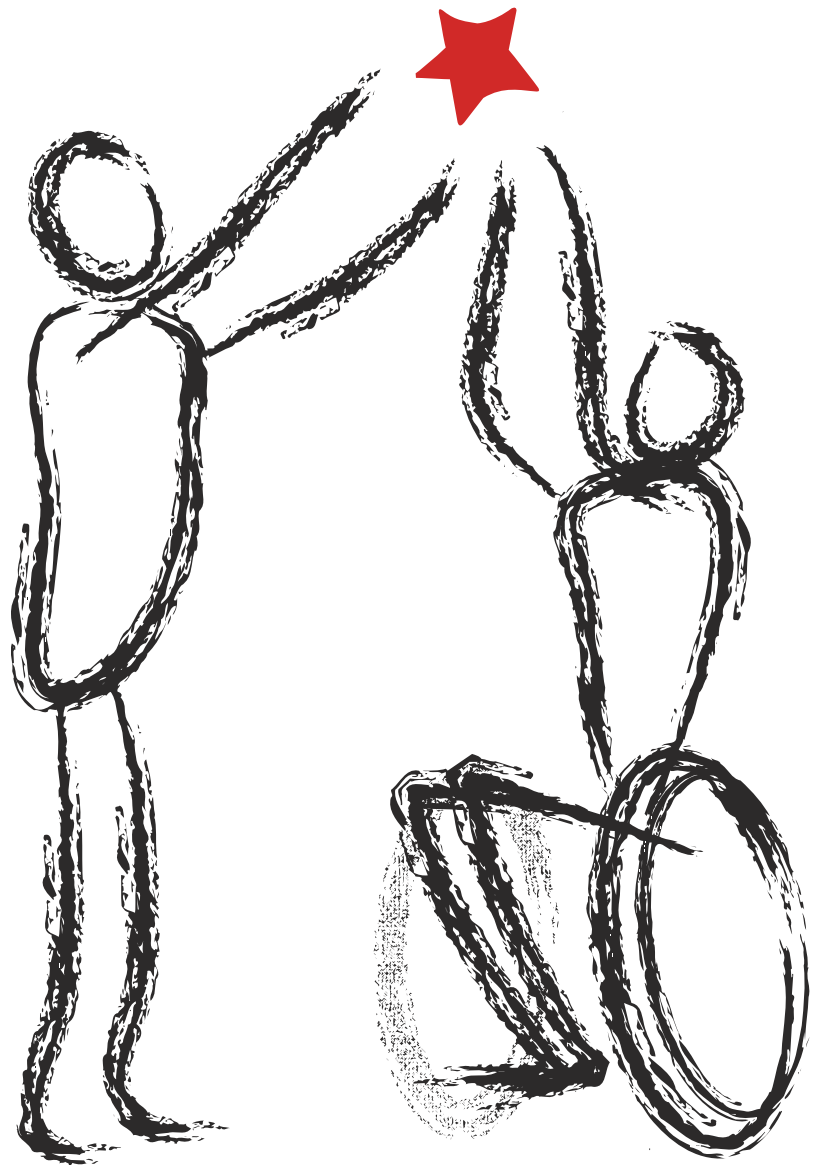
3000 New Bern Avenue, Raleigh

WakeMed Rehab offers a unique club for our community. Club REACH is an interactive program designed for individuals who no longer need hospital care, but who have activity limitations. Our program helps individuals return to the community and the recreational activities they once enjoyed.

Meeting two days a week, Club REACH (Recreation, Education, Advocacy, Community outreach and Health), offers a schedule full of activities. Plus, it's a great opportunity to connect with others. Club REACH is coordinated by certified therapeutic recreation specialists who helped create the program.

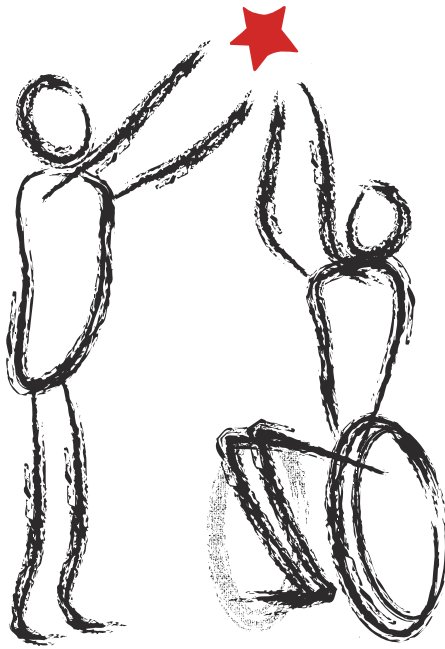
**The program is fee-based:
\$15/half-day; \$30/full day.
Now accepting new members.**

919 350.2997



ACTIVITIES INCLUDE

- Organized recreation programs
- Health & leisure education
- Supportive counseling
- Spiritual opportunities
- Group exercise classes
- Use of fitness equipment
- Community outings
- Leisure skill development
- Opportunities for socialization
- Volunteer opportunities



Club **REACH**
PROGRAMS