



## Wellness Hour

Meets the 3<sup>rd</sup> Monday of every month

6:00pm to 7:00pm

**June 20, 2022**

Encompass Health Rehabilitation Hospital of Reading

1<sup>st</sup> Floor ~ Hope Way Café

1623 Morgantown Road

Reading, PA 19607

610.796.6000

*Light Refreshment will be provided*

*Please RSVP to 610.796.6000 between 8am and 7pm*

# Alzheimer & Brain Awareness Month

### **June 20, 2022 Wellness Hour Topic:**

Understanding Alzheimer's and dementia, Symptoms, Changes in the Brain, Risk factors and the warning signs

### **Guest Speaker:**

AARP Guest Speaker

### **July Topic:**

Independence from your chronic illness

Healthcare professionals from the following disciplines will be in attendance throughout the year.

- Pharmacy
- Therapy
- Nutrition
- Social Work
- Patient Navigation
- EMS
- Guest Physician Speakers

If you have a topic you would like us to focus on, please let us know.

### **Our Mission:**

To provide patients with chronic diseases and their caregivers educational and emotional support in a safe environment through monthly activities, shared experiences and informational talks from healthcare professionals.

### **For more information please call:**

Star Elliott, Business Development Director, 484.577.6844

Ginger Pakradooni, Rehabilitation Liaison, 484.220.5716

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