

SCI Patient Education Series

SCI/D staff cover a wide range of topics essential for re-adjustment to life outside the hospital. Sessions are generally held on the 1st and 3rd Wednesdays of the month at noon in the SCI Dining Hall. On the first Wednesday, a speaker provides information on a topic listed below. For the Question and Answer Luncheons, the health care team provides answers to questions submitted by patients. Sessions are designed to be interactive and questions are encouraged and welcome.

Everyone is welcome to attend. This is a mandatory part of rehabilitation after an acute injury. Inpatients dine on their meal trays in the SCI Dining Hall. Outpatients are welcome to bring their own brown bag lunch.

A teleconference line is set up for those who would like to participate by phone. Please call in a little before 12:00pm to ensure you are able to participate:

- Call: 1-800-767-1750
- PIN Code: 32007#
- Please be sure to MUTE your microphone during the call

Schedule of Events

Jan 6 - Mindfulness Meditation and the New Year – Katz/Rose
Jan 20 - Questions and Answers
Feb 3 - Questions and Answers
Feb 17 - ADA – Kevin Patton
March 9 - Adaptive PE – Riekus Center Staff
March 23 - Questions and Answers
April 6 - Service Dogs – TBD
April 20 - Questions and Answers
May 4 - Driving and You – Monica Phelan
May 18 - Questions and Answers
June 1 - Return to Productivity – Alumni of Promote Program
June 15 - Questions and Answers