

We help you restore and
heal throughout the
recovery process.

Find your strength.



SPAULDINGTM
REHABILITATION HOSPITAL
CAPE COD

WELLNESS PROGRAMS

Gentle Strength and Stretching

Led by Deb Szpond, Rehab Aide

Tuesday & Thursday, 2:00pm–3:00pm

BoneStrong Exercise

Led by Bing Harty, Rehab Aide

Tuesday & Thursday, 9:30am–10:30am

Wednesday & Friday, 10:45am–11:45am

Meditation and Relaxation for All

Led by Craig Bautz, Director of Therapeutic Activities

Wednesday, 12:00pm–1:00pm

Thursday, 3:30 -- 4:30pm

Modified Chair Yoga

Led by Sherill Dykeman, E-RYT, Certified Instructor

Wednesday, 9:30am–10:30am

Yoga for Back Care

Led by Neil Sullivan, Certified Instructor

Wednesday, 2:45pm–3:45 pm

Yoga for Every Body

Led by Neil Sullivan, Certified Instructor

Monday & Wednesday, 4:15pm–5:15 pm

Sun Style Tai Chi

Led by Debra Shelley, Certified Instructor

Tuesday & Thursday, 10:45am–11:45am

Try a class for free!

WHERE

Spaulding Cape Cod
Multi-purpose Room
311 Service Road
East Sandwich

New

\$10 (or less) per class

Pay as you go!

Must Pre-register Online

www.spauldingrehab.org/SCCWellness

**Classes are ongoing. For
more information:**

(508) 833-4078



www.spauldingrehab.org