



## THE BARROW CONNECTION AT BARROW NEUROLOGICAL INSTITUTE/ ST. JOSEPH'S HOSPITAL

Barrow Connection is an outreach program dedicated to getting our patients out and active. Join us in celebrating the 20th Anniversary of the Day on the Lake watersports program! Please call **602-406-6280** for more information or visit our website at [www.thebarrow.org](http://www.thebarrow.org).



### WHO QUALIFIES FOR THE PROGRAM?

Individuals served through the rehabilitation continuum within the last 24 months at St. Joseph's Hospital and Medical Center (Inpatient/Outpatient Neurorehabilitation), Center for Transitional Neurorehabilitation, Muhammad Ali Parkinson's Center, Stroke Center, etc. PIE participants may use some or all of the services described in this brochure, based on their needs and goals.

### ABOUT THE PROGRAM

Project Independence and Empowerment (PIE) is a program funded by a Community of Care grant through Dignity Health and Barrow Neurological Institute / St. Joseph's Hospital.

This funding allows us to help patients transition from the hospital or clinical setting to the community, providing a variety of services to assist in their independence, health and overall quality of life.

This funding pays for gym memberships, various educational and resource classes and transportation, provided by four Community of Care partner agencies.

### ABILITY360

Ability360 is a non-profit 501(c)(3) organization and the largest Center for Independent Living in Arizona. It is co-located with 11 other disability services organizations at the Ability360 Center, along with the Ability360 Sports & Fitness Center, at 50th Street and Washington Street in Phoenix.

### LOCATION

**Ability360 Sports & Fitness Center**  
5031 E. Washington St.  
Phoenix, AZ 85034

All Ability360 locations are fragrance-free, tobacco-free environments. Please do not wear scented products or smoke when visiting any of our offices, programs or events.

## PROJECT INDEPENDENCE & EMPOWERMENT



Sponsored by

**BARROW**  
Neurological Institute

 **Dignity Health.**  
St. Joseph's Hospital and  
Medical Center



**Brain Injury  
Alliance**  
ARIZONA

### BRAIN INJURY ALLIANCE ARIZONA

- Provides extensive resources improving the lives of individuals with brain injuries through prevention, education, information and community support.
- Monthly Brain Gym classes: Brain Gym is based on a series of 26 movements designed to promote a more efficient mind-body connection.
- Monthly Healthy Living Group: Make and sample a healthy snack. Enjoy a great presentation designed to inspire healthy habits.

602-508-8024 | [www.biaaz.org](http://www.biaaz.org)

**ABILITY360**  
SPORTS & FITNESS CENTER

### ABILITY360 SPORTS & FITNESS CENTER

- 12-month membership to the Center
- Quarterly health assessments
- Up to 3 free personal training sessions
- Peer mentoring

602-386-4566 | [www.ability360sports.org](http://www.ability360sports.org)



Arizona Spinal Cord  
Injury Association

### ARIZONA SPINAL CORD INJURY ASSOCIATION

- Accessible transportation
- Access to community resources and information to assist with their transition from the hospital to the community
- Connection to educational and socialization opportunities

602-507-4209 | [www.azspinal.org](http://www.azspinal.org)

