



Be Active Program is quite diverse as Ability360 plans to incorporate many facets of our continuum of services.

Eligibility of the program includes youth and adults with a Brain Injury that have received services in a rehabilitation setting or clinic in the last 24 months and are in need of transitional services.

As a participant in the program, you will have access to a variety of programs and services through Ability360 at no cost. You may use some or all of these services, based on your needs and goals.

This grant 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:

- A family gym membership
- 3 health assessments
- Fitness room orientation
- A fitness / health transition plan and sessions with a certified personal trainer

To ***Be Active*** Today Call

BRIELLE CARTER, M.S.

(602) 626-7250

BrielleC@ability360.org

