Stroke Support Group
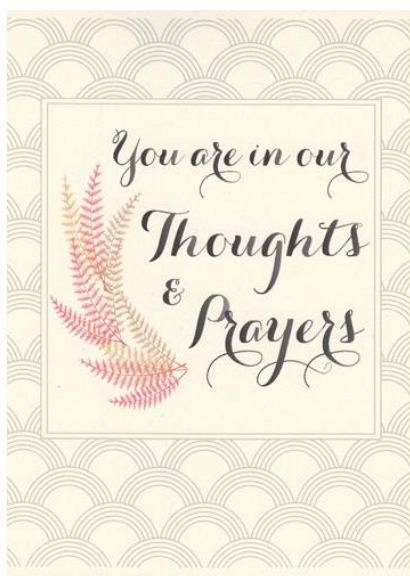
358 North Pleasant Street, Amherst, MA 01002
Second Saturday of every month, 10:30 am – 12:00 pm

Upcoming Events

November 11

Tech Talk – 9:30 am

November SSG
Meeting - 10:30 am

December 9

Tech Talk – 9:30 am
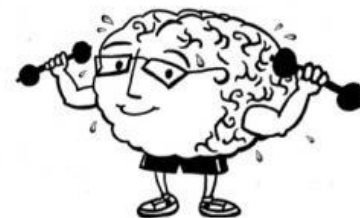
December SSG
Meeting – 10:30 am

Hello friends!

This month we had the pleasure of welcoming **Amy** and **Lisa** who shared information about Work Your M.O.T.O.R. Work Your M.O.T.O.R. is an online exercise program for stroke survivors. Amy and Lisa spoke about the different programs offered and the importance of exercise! See you all next month!

Thoughts are with **John J** as he continues to recover and heal from his recent stroke.

Our deepest condolences for **Bill B** and his family for the passing of his wife, Frances. Thoughts, prayers, and support are with you during this time.

SSG Facebook Page

Remember to email **Paula** at phbehnken@gmail.com to request an invitation to the UMass SSG Facebook page.

All About Work Your M.O.T.O.R.

M.O.T.O.R. stands for Motivating Occupational Therapists Optimizing Rehab. This Program was created by Lisa and Amy as a way to keep therapy easy, fun, and convenient.

Work Your Motor is an online exercise program for stroke survivors. A monthly subscription gives access to various strengthening series that target different areas of the body. Each workout is accessed online and is 20 minutes or less.

Each workout video is led by a licensed Occupational Therapist. Videos also Include a stroke survivor doing the various exercises.

Certain videos work to utilize functional items you can find around the home, which makes participation in the exercises super convenient (some hand exercise use tongs!).

If you are interested in a subscription to the Work Your M.O.T.O.R. exercise program, a **Free Trial** is available.

For more information about Work Your M.O.T.O.R. visit their Website, Facebook page, or Instagram:

www.workyourmotor.com

facebook.com/workyourmotor

Instagram
@workyourmotor

"THE SECRET OF CHANGE IS TO FOCUS ALL OF YOUR ENERGY, NOT ON FIGHTING THE OLD, BUT ON BUILDING THE NEW."

—SOCRATES