Dear Movin’ and Groovin’ Participant:

Thank you for your interest in our exercise class at Aurora West Allis Medical Center, Women’s Pavilion.

Classes are Saturdays, September 26 – November 21, 2020 (No class October 17) 9am – 10:15am

Classes will begin promptly at the start time.

The classes will include low impact exercise and educational concepts for a safe and progressive independent exercise program. It is preferred that you have completed all your treatment for cancer but exceptions may be discussed with the instructor.

Attached you will find the forms that will need to be brought to the first class. The forms include the pre-activity screening form (sign at the bottom) and the physician release form. You need this release form to participate in the exercises. Any physician who is informed of or involved with your cancer treatment may sign the form.

To locate the Resilience room, enter through the main entrance of the Pavilion at Aurora West Allis Medical Center (off 89th and Lincoln) and turn left, going past the Honey Creek Café. Go to the end of the hallway into the Rejuvenation Suite doors and straight into the Resilience room. You may park in the nearby west parking structure or the open surface lots. Wear comfortable clothes and shoes. There will be water available if you chose to bring a water bottle.

We look forward to meeting you at the first class. Any questions, please feel free to call Jillian in the Rehabilitation Department on the ground floor at 414-328-6654.

Thank you,

Jillian Grabau, OTR/L, CLT