



YOUR HEALTH AND WELLNESS NEWSLETTER

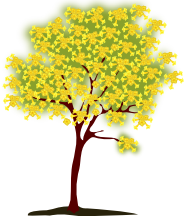
APRIL 2021 VOLUME 4 ISSUE 1

Common Threads Community

Re-engaging with our community

This newsletter is dedicated to future engagements with Life Beyond Barriers Rehabilitation Group (LBBRG). We invite you to be a part of our Common Threads community, a group dedicated to full inclusion of all abilities. Bring your family and friends! You do not need to be a current client to participate. We have several events planned this Spring/Summer. Save the date, details will be posted on our News & Events page: <https://www.lbbrehab.com/news/>, as they become available.

Spring Adaptive Hikes

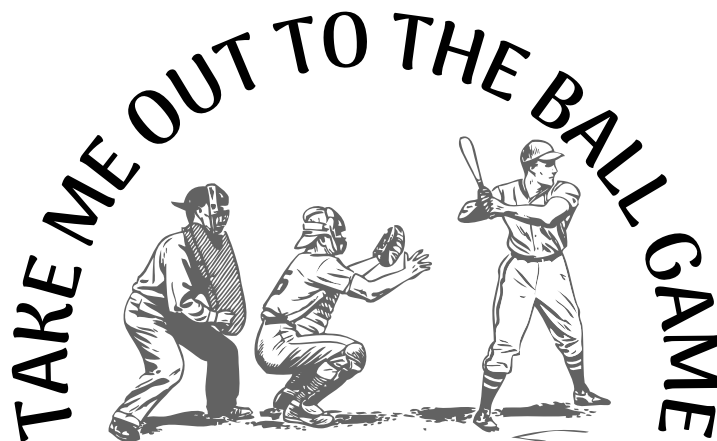


Itching to get out of the house? We have planned two adaptive hikes this Spring. Therapists map out an accessible trail that all individuals can enjoy. More details to follow.

May 22, 2021 Meadows at Millennium Park, 1415 Maynard Ave SW, Walker, MI 49534

June 5, 2021 Hull Park, 660 Hannah Ave, Traverse City, MI 49686

This Summer, there will be two baseball game outings. More details to follow regarding sign up.



July 22, 2021, Thursday @ 7:05 pm, Traverse City Pit Spitters vs. Kokomo Jackrabbits

August 21, 2021, Saturday @ 7:05 pm, West Michigan Whitcaps vs. Fort Wayne TinCaps

What's happening?

LBBRG is continuing to host The Caregiver's Table meetings in a virtual format, the fourth Wednesday of every month at 4:00 pm. If you haven't been in a while or have yet to try it out, we encourage you to join in. We are excited to see this group grow! Send a quick email to kmmedearis@lbbrehab.com to be added to the invite list.

Our PWR! Classes are held on Tuesdays at 4:00 pm in the Rockford clinic. We are excited to be able to kick this off again and look forward having more individuals join. For more information, see our [PWR! Class](#) flyer, also found on our news page of our website <http://lbbrehab.com/news>.



Introducing Clinical Navigator services

Here at LBBRG, each individual experience is important to us. We realize that healthcare is complex, and can be confusing and frustrating to many. When an individual has been diagnosed with a catastrophic injury or illness, there may be challenges with being listened to, maintaining continuity with care, accessibility, and awareness of needs.

LBBRG's Clinical Navigator will work to ensure clients receive the full experience of neurological rehabilitation by making insurance benefits easier to understand, minimizing barriers to care, and facilitating smooth transitions in care. Ultimately, individuals will find it easier to focus on the next phases of neurological recovery.

To connect with LBBRG's Clinical Navigator, Andrea Gubbini, let your therapist or Clinical Director know you are interested in Clinical Navigator services. If you are not a current client of LBBRG, please contact either clinic to get more information.

Limb Loss Awareness

April is Limb Loss Awareness Month!

Life Beyond Barriers Rehabilitation Group is co-sponsoring the Limb Loss Awareness 5K on April 24th, 2021. Come visit our booth at the event and mingle with our friends from Hanger and Kentwood Parks & Rec, who made this great event possible. The annual 5k raises money for Kentwood Parks and Recreation's adaptive programs and provide community, education, and support to amputees, their families, and the community.

Bowen Station Park
4499 Bowen Blvd SE
Kentwood, MI 48508

