

# CVA Class

Kaiser Fremont Physical Therapy Department  
39400 Paseo Padre Parkway Fremont, CA 94538  
(510) 248-3200



This class is for patients who have had a stroke. Participants meet as a group for check-in and then exercise in the gym under supervision. Some individual and small group work on walking, balance, hand/arm exercises, as well as other everyday activities are scheduled on an as-needed basis. The class meets once a week on Wednesday afternoons from 1:00 to 2:30. For more information, please talk with your Physical or Occupational Therapist who can refer you to the class if appropriate.

## FREQUENTLY ASKED QUESTIONS

- **What should I wear to the class?** Comfortable clothes for exercising
- **What should I bring?** Your walking device; your ankle-foot orthosis (AFO); your arm/hand splint; your wheelchair if that is your primary means of mobility
- **Can I bring someone with me?** Yes, we encourage you to bring a family member or your primary caregiver
- **What if my family cannot bring me to the class?** Please call 510-248-3200 to let us know if you will not be in class. If transportation is a problem, please sign up for Para Transit services. Your PT or OT can give you more information on this service.