



# Free Chronic Conditions Rehabilitation

with the Carroll University  
Rehabilitative Exercise  
**CURE** Program



CARROLL  
UNIVERSITY



EXERCISE PHYSIOLOGY  
PROGRAM

Enroll in a **free**, 12-week exercise program designed for individuals with chronic conditions.

## You'll work one-on-one with Masters of Clinical Exercise Physiology students to develop a personalized program designed to meet your unique needs and fitness goals.

### Free Chronic Conditions Rehabilitation Program

- 12-week exercise program
- Sessions at our state-of-the-art Sentry Clinic
- Personalized to meet your unique medical needs and personal goals
- One-on-one with a Carroll clinical exercise physiology graduate student with hands-on clinical experience
- Examples of common conditions we work with include, but are not limited to: heart disease, hypertension, diabetes, arthritis, COPD/asthma, obesity, etc.
- Hour-long sessions
- Offered during either fall or spring academic semesters
- Sessions on Mondays and Wednesdays at 4, 5 and 6 p.m



Sessions held at the Carroll University Community Health Services Sentry Clinic. Under the direction of a clinical exercise physiologist, you'll begin a supervised, prescriptive exercise program designed to reduce chronic disease through exercise, lifestyle modification and education.

## For more information or to enroll, contact

**Jessica Brown**, PhD., Assistant Professor, Exercise Science

**Cheryl Halas**, MS., Adjunct Faculty, Exercise Physiology

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1111 Sentry Drive, Waukesha Wis.



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"The Live Well Waukesha County Initiative addresses two of the community's most prevalent health issues: nutrition and physical fitness. These issues are addressed by Move Well Waukesha County free physical fitness events, and Eat Well Waukesha County free nutrition resources. Join the movement: [www.waukeshacounty.gov/LiveWell](http://www.waukeshacounty.gov/LiveWell)"