

UW MEDICINE
Transitions Health Maintenance and Wellness Program
SCI EDUCATIONAL SERIES

Locations:

- University of Washington Medical Center: Room CC902
- Harborview Medical Center: 4WH Rehab Gym

All classes take place from 5:15 pm – 6:15 pm.

Dates and Topics

(All dates are Wednesdays.)

3/16/2011	Spine anatomy and spinal cord injury basics
3/23/2011	Autonomic dysfunction and emergency preparedness
4/6/2011	Spasticity and pain after SCI
4/20/2011	Bowel and bladder management and skin care
5/4/2011	Emotional adjustment, sexual health and sleep
5/18/2011	Health promotion and healthcare system navigation mastery
6/1/2011	Attendant care, income benefits, vocational issues and legal rights
6/15/2011	Therapeutic recreation opportunities, adapted community mobility and wheelchair skills
6/29/2011	Equipment and Shoulder Protection