

Exercise Package

Laurus Home Care's Exercise Package is here to provide residents with personalized exercise assistance in a safe and supportive environment.

This package is perfect for residents who completed physical therapy and want to continue their exercises — either because it helps with your pain or you just feel better after doing them.

Our Exercise Package includes:

- Caregivers follow the exercise instructions left by your physical therapist, occupational therapist or physician.
- Schedule long or short walks with an escort — inside or outside the building.
- Sessions can be scheduled from 1 to 7 days a week.



\$29 per half hour session

For more information or to get started with this package, talk to your Laurus Home Care Director.

Residents do not need to be on Laurus Home Care services to use the Exercise Package.