

February Amputee Support Group: Video Games for your Fitness



Date: February 28th

Topic: Video Games for Your Fitness

Time: 3:00 - 4:00pm

**Location: 3rd floor dining room, Penn Medicine Rittenhouse Campus,
1800 Lombard Street Philadelphia, PA, 19146**

Please join us in a fun and safe way to exercise. Whether it is wintertime or the another Philadelphia rainy season (like the entire year of 2018) you can still get a good workout inside. Learn how you can use household video game system like the Wii and X-Box to create a fun and challenging work out!

Our mission: Helping all of our patients reconnect and return to their lives.

Let us know you're coming: Please RSVP to Christopher Gorrell or Julie Parana at 215-893-6324, or via email at Christopher.Gorrell@uphs.upenn.edu.

Additional details: Family members and caregivers are welcome to attend.