

*Personal Learning Objectives:*

1. To develop a professional relationship with both the employees and attendees at the Seymour Center and to serve them well.
2. To form additional relationships with individuals who are passionate about promoting wellness throughout the aging process.
3. To become more educated about exercise after stroke and be able to articulate the knowledge I gain to someone else in a comprehensive, yet concise manner.
4. To apply and expand upon the knowledge that I gain while completing this project during my next clinical rotation and over the course of my career.