



## Wellness Survey

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

*Please check all that you would like to see offered at TRIPIL  
in regards to the Wellness Program:*

- At-home exercise sessions** (we will come to your house to show you simple, but effective, exercises using items you already own)
- Group Exercise**
  - Yoga*
  - Strength for Independence* (work on building strength for transfers and household tasks such as washing dishes, picking up items off the floor, reaching to high cabinets, or laundry)
  - Flexibility/range of motion training*
  - Relaxation*
  - Other type of class: \_\_\_\_\_
- Healthy Recipe Meetings** (discussion about affordable, healthy recipes that you can make for you and your family)
- Weight Management Class**
- Individual Exercise Sessions at TRIPIL Gym**

Any other comments or questions:

*Fold, staple or tape, and drop in the mail!*



**TRI-COUNTY PATRIOTS FOR INDEPENDENT LIVING  
AFFIRMS LIBERTY AND JUSTICE FOR  
ALL PEOPLE WITH DISABILITIES.**

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Return Service Requested

TRIPIL Wellness Program  
69 East Beau Street  
Washington, PA 15301

**PLACE  
STAMP  
HERE**

Tri-County Patriots for Independent Living  
69 East Beau Street  
Washington, PA 15301