



## SCHEDULE & HOURS

Mondays 5:30 - 8:30 p.m.

Participants may arrive anytime and use the facility within the hours listed. Equipment and space are available on a first-come, first-serve basis. There are no appointments or time restrictions on sessions as individuals work at their own pace.

## LOCATION

Sessions are held at the Landon Center of Aging, in Room 260A. The building is on Rainbow Boulevard, just north of KUMC's main campus. Parking is available right outside the facility.



University of Kansas  
Medical Center

Landon Center of Aging

3599 Rainbow Boulevard  
Kansas City, KS 66160

Phone: (913) 588-0716

[www.kumc.edu](http://www.kumc.edu)

H.  
A.  
W.  
K.



## Health and Wellness in Kansas

A wellness program established by KUMC  
student volunteers to benefit  
and improve the fitness  
level of members in  
the Kansas City  
community

## WHAT IS IT?

A general wellness program that provides an opportunity for members of the Kansas City community to utilize a facility furnished with exercise equipment. An emphasis is placed on the review of home exercise program with supervision and assistance if needed.

## OBJECTIVES

- Assist individuals with review of their home exercise programs in a community health program environment
- Provide a facility in which individuals can increase their fitness levels to promote independence when performing activities of daily living within the community and home
- Provide an educational opportunity for physical therapy students of KUMC to incorporate clinical application
- Provide a safe, easily accessible, and convenient facility for independent continuation of health status for individuals of the KCK area



## STUDENTS

Students are not providing physical therapy

Students may help with any questions or clarifications about exercises or stretches

Exercise programs are not progressed or changed

## FACILITY

The H.A.W.K. program is held in what is considered an "open gym" atmosphere

Available equipment:

- Nu-step
- Stationary bicycle
- Treadmill
- Arm and leg weights
- Theraband
- Parallel bars
- Swiss and medicine balls

## COSTS

H.A.W.K. is *free* to members of the Kansas City community

## EXERCISES

Participants are expected to bring a copy of their home exercise program

Participants without an exercise program can use the equipment and facility as desired

Participants are encouraged to independent, yet seek assistance as needed

