

# Programs – Relaxation Station

## Relaxation Station

Participants engage upper body stretching and breathing techniques. Our goal is to enhance relaxation. Students from the TWU OT program rotate through this program as part of their field work.

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<https://youtu.be/gz55ybcBJhI>

About HARC Programs

HARC offers various language-based programs which provide opportunities for participants to further their language recovery in a supportive environment. Our members gain the communication skills to improve their confidence and overall quality of life to live successfully with aphasia.

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