



BOOKS

*what we're  
reading*

The Authenticity Project:  
A Novel Paperback by  
Clare Pooley



PODCASTS

*what we're  
listening to*

A Way with Words - language,  
linguistics, and callers from all over by  
Martha Barnette and Grant Barrett

## May is Speech Language Pathology Month

Most people think of speech therapy for kids, but it's just as valuable for adults. Our speech-language pathologists (SLPs) help with swallowing, voice, and cognitive changes. Trio is proud to have two experienced SLPs ready to help. Let's celebrate them this month!



*Karen Ross*

Karen has over thirty years of experience, and is an expert with teaching people how to improve their swallowing and/or vocal output.



*Kristi Pelletier*

Kristi has over 20 years of experience, and she works with patients who are experiencing cognitive changes or decline. She also leads our speech therapy groups for RISE!

## AGING WELL DOESN'T HAPPEN BY ACCIDENT.

Trio's vision is simple:

**To provide individualized therapy  
that improves every person's quality of life.**

We will always provide one-on-one therapy. But we also see a gap. What happens *after* rehabilitation ends?

Too often, progress fades without structured support.

That's why we are expanding our Wellness Programs this year, to help our community stay strong, confident, and independent long after formal therapy is complete. Continue reading to learn more.



*words of wisdom*

CORNER

"Transformation is a journey  
without a finish line."

- Anonymous



*another 5-star google review*

"TRIO Rehabilitation is truly wonderful. Their staff is fantastic! After major surgery on my elbow and very limited mobility, I can now say that I am almost at 100%! I did not think that would be possible and it has only been 2 months. Leah and the staff are miracle workers!"

- Tina Brady





### our vision

Provide individualized therapy in order to improve all persons quality of life.

### our mission

Trio Rehabilitation & Wellness Solutions provides Physical, Occupational, and Speech Therapy for adults in a one-to-one setting.

Our experienced therapists will teach you how to improve independent function and fully participate in life.



Provide personalized care. We provide individual treatment plans.



Never overbook or leave our patients unattended for long periods of time. We care about our clients and their time.



Receive ongoing education and training to ensure we stay up-to-date on the latest and best treatment programs available.



1022 RIVER RD, SUITE 6 | BOERNE, TX 78006  
INFO@TRIOREHAB.COM | TRIOREHAB.COM  
830-331-8604 | E-FAX: 1 (855) 923-0869

## Know Someone With Parkinson's?

RISE is an ongoing, therapist-led program for individuals with Parkinson's disease and other movement disorders. It provides targeted training to help people move better, feel stronger, and maintain independence.

### TAI CHI AND DANCE

Beginning May 5th, our Cardio class will incorporate elements of Tai Chi, dance, and functional exercises. This fun, engaging cardio + movement class is designed to improve balance, help prevent falls, boost brain function, and build confidence.

### BOXING CLASS COMING SOON!

A high-energy, non-contact boxing class led by a Rock Steady Boxing-trained therapist designed to improve strength, balance, coordination, and confidence for individuals with Parkinson's disease. This class is expected to launch the first week of July 2026. To start, boxing will be integrated into the second half of our Cardio class until enrollment supports a full class.



### NEW TO RISE?

#### Try a 3-Class Introductory Trial for \$65.

If you or someone you know is living with Parkinson's, we invite you to come experience it. We have improved our RISE program prices!



**We've improved our RISE program prices!**



**Learn more: [triorehab.com/RISE](https://triorehab.com/RISE)**



**Or forward this to someone who should see it**

**Parkinson's doesn't wait. Starting early matters.**

### PT-BASED PILATES

Pilates is a low-impact, full-body approach to improving core strength, posture, flexibility, and balance, delivered one-on-one for 55 minutes. Because sessions are led by an experienced, licensed therapist, each program is individualized and appropriate for beginners, athletes, and those recovering from injury.

[Click the flyer to learn more!](#)



### STRENGTH TRAINING FOR OLDER ADULTS IS FILLING UP FAST!

This program started April 6 and is already filling up fast! The program welcomes people who have never lifted weights while we rotate focus across upper body strength, lower body strength, and balance and power. It is preferred for ages 55+, though this is not required.

**Mondays & Wednesdays • \$220/mo for 2 classes each/wk**

**8:30 - 9:20 am - 1 spot left! • 9:30-10:20 am - 2 spots left**

*Classes limited to five participants*

**CLICK HERE TO LEARN MORE**



**REQUEST AN APPOINTMENT HERE**

**INSURANCE PLANS ACCEPTED**