

# Destination Life Therapy & Wellness

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Build a strong body & Age with independence.

## Sit & Be Fit



## Join Our Zoom Club

**Every Tuesday in May via Zoom at 10:00 am**

**Please sign-up by May 1, 2020**

**817-473-1312**

**[www.mydestinationlife.com](http://www.mydestinationlife.com)**

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Build a strong body & Age with independence.

## Increase Healthcare Awareness

*In Home or Clinic; Individualized Care*



### Overview

Destination Life is a group of medical and behavioral specialists from occupational therapists, nurse practitioners, and speech therapists who are licensed and registered medical providers. Destination Life specializes in treating adolescents and adults with various diagnoses from Anxiety, Depression, Osteoporosis, Diabetes, COPD, Neuropathy, Arthritis, Parkinsons. We strive to increase our clients functional performance in all areas of life.

### Services

1. Homehealth
2. Outpatient
3. Telehealth
4. Physical Therapy, Occupational Therapy, Speech Therapy

### Specialized Services

1. Family Education
2. Mental Health/Psychosocial Therapy
3. Sensory Integration Therapy
4. Cognitive Behavior Therapy
5. Group and individual Therapy Session