

Wellness & Education

Free virtual communities aimed to promote wellness, education and empowerment for all individuals and families in the limb loss and limb difference community

Ceremony of Loss

By creating a space to honor limb loss, the Ceremony of Loss validates the significance of our experience. This time of reflection and encouragement offers community support, and fosters dignity, resilience and hope for the future.

Pre & Post Operative Education

Classes are available to help prepare you for life with amputation, return home from rehab, and social-emotional issues.

Classes are available for new amputees and their support communities

Let's Plan for Your Success

Contact Leslie Green

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 952-221-5186



BALANCED AMPUTEE

WELLNESS AND EDUCATIONAL
COMMUNITIES



Meetings

→ Mondays

BAKAs "Community related to those with bilateral above knee amputation"

11-12 pm EST every 1st Monday

Bilateral "Community for those with multiple amputations"

12-1 pm EST every 1st Monday

Balanced Bilingual Spanish Community

11-12 pm EST every 3rd Monday

Sepsis Survivors "Community in partnership with the Sepsis Alliance"

11-12 pm EST every 4th Monday

Diabetes "Community for those living with Diabetes"

8-9 pm EST every Monday

→ Tuesdays

Grief "A NON Therapeutic look at grief"

11-12 pm EST every 1st & 3rd Tuesday

Chronic Wound, Charcot Foot & Partial Amputation Community

12-1 pm EST every 2nd Tuesday

National Speaker Night

8-9 pm EST every Tuesday

Virtual meetings 6 days a week

Balanced Amputee virtual meetings connect individuals to a national community specific to their interests. Guest speakers, professionals & experts in their field assist in providing education and empowerment to each attendee.

Want to Join a Virtual Meeting?

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→ Sundays

Balanced Conversations "A great way to be focused on the week ahead"

8-9 pm EST every 1st and 3rd Sunday

Balanced Beginners Pediatric Community
"A community for youth and parents"

7:30-9 pm EST every 2nd and 4th Sunday

Meetings

→ Wednesdays

Beyond --Education and Question Forum

11-12 pm EST every Wednesday

Women "Community focused on the female experience of amputation"

4-5 pm EST every Wednesday

Men "Community focused on the male experience recovery"

8-9 pm EST every 1st & 3rd Wednesday

Seniors (65 & Older)

12-1 pm EST every 1st & 3rd Wednesday

→ Thursdays

Mid-Week Check In

11-12 pm EST every Thursday

Cancer "A community for those navigating amputation related to cancer"

12-1 pm EST every 1st & 3rd Thursday

Gratitude Journaling and "Art" therapy

12-1 pm EST every 2nd and 4th Thursday

Together "A community for amputees & their loved ones"

8-9 pm EST every Thursday

Fridays

Wellness "Community focused on mental and physical health"

11-12 pm EST every Friday

Upper Extremity "Community for those living with upper limb loss"

12-1 pm EST every Friday