



**Short-Term
Rehabilitation and
Skilled Nursing Care**

Helping you get back to the life you love.

When you're unable to return home after a stay in the hospital, Avalon Health Center at StoneRidge in historic Mystic offers exceptional rehabilitative care in a comfortable, intimate setting.

- High staff-to-patient ratio allows us to provide more attentive care
- 5-Star-rated by the Centers for Medicare & Medicaid Services
- Recognized among the best short-stay rehabilitation and best nursing homes in the nation by U.S. News & World Report

Whether you're here several weeks or you call Avalon Health Center home, you and your loved ones can rest assured that you'll get the very best care in a warm, friendly environment.



Avalon Health Center Services



REHABILITATION

Physical, occupational, speech
and aquatic therapies



SKILLED NURSING

Top-rated post-acute
and long-term care



RESPITE CARE

Care you can trust when
caregivers need to be away



HOSPICE CARE

Comfort and support for residents
and family members

Rehabilitation services.

A personalized approach to care.



Our award-winning staff and intimate setting are just what the doctor ordered for a speedy recovery after surgery or illness. Count on our highly qualified team of licensed therapists to get you back to the life you love.

Therapy programs at Avalon Health Center include:

Physical therapy to build strength, balance, increase range of motion and endurance.

Occupational therapy to improve motor skills and make everyday activities easier.

Speech therapy to recover articulation, ease swallowing difficulties and restore memory.

Aquatic therapy to build strength and range of motion in a warm, relaxing and supportive saltwater pool.

Avalon Health Center offers both inpatient and outpatient rehabilitative services 7 days a week.

Our team of highly trained nurses and therapists will help you make as full a recovery as possible. Our high staff-to-patient ratio ensures each person in our care receives the attention they deserve. In addition, we offer a variety of programs and services designed to make your stay as enjoyable as possible.

- Medically-supervised team of nurses and therapists
- Private suites available (Wi-Fi and cable included)
- Chef-prepared meals, including therapeutic-dietary programs
- Access to on-site amenities at StoneRidge Active Retirement Living Community

Avalon Health Center will work with you to optimize individual Medicare and long-term care insurance coverage.

**For more information or
to schedule a visit,
call us at 860.572.5623.**



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Managed by  Life Care Services®