

Now I can...

reclaim my career

Faith Martin was 44 years old and teaching six fitness classes a week when she had two strokes linked to a bout of sepsis.

“I’d never been sick and out of nowhere it happened,” she said. “They didn’t think I was going to make it.”

Martin survived, but it took two years before she felt like herself again. For much of that time, she relied on Methodist Rehabilitation Center’s Stroke Recovery Program to guide her comeback.

Today, the 51-year-old teaches Pilates, boot camp and spin classes at the Flowood YMCA. And she’s grateful to all the caregivers who helped her get back in the gym.

“I tell people if something is wrong, Methodist is the place you need to be. I feel like they saved me. My goal was always fitness. That is what my normal is.”



NATIONALLY RECOGNIZED FOR EXPERTISE IN REHABILITATION MEDICINE AFTER A STROKE, SPINAL CORD INJURY, BRAIN INJURY OR AMPUTATION.

For more information, visit methodistonline.org or call 601-981-2611 or toll free 1-800-223-6672.

