

Heart & Stroke LIVING with STROKE



Living with Stroke is a free group learning program that consists of 8 two-hour workshops conducted weekly. It has been developed for people who have had a stroke and for the individuals who care for them.

Topics include:

- Understanding Stroke
- Physical changes and challenges
- Swallowing and nutrition
- Cognition, perception and communication
- Emotions
- Activities and relationships
- Reducing the risk of stroke
- Moving forward

WHEN

WHERE

If you are interested please contact:



HEART &
STROKE
FOUNDATION