



# Free Stroke Recovery Exercise Program

In partnership with the Victorian Order of Nurses and the YMCA

BELLEVILLE	
<b>When:</b>  Wednesdays 12:00 pm – 1:00 pm	<b>Where:</b>  YMCA of Central East Ontario Belleville Branch 433 Victoria Avenue

Stay active and have fun in a safe and effective program designed for Stroke Survivors of all abilities. Caregivers are welcome to join too!

For more information or to register please call:

**1-888-279-4866 ext. 5350**

