



Free Stroke Recovery Exercise Program

In partnership with the Victorian Order of Nurses and the YMCA

TRENTON	
When: Wednesdays 10:15am – 11:15am Start date: October 19 th , 2022	Where: YMCA of Central East Ontario Quinte West Branch 50 Monogram Place

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

