



# Virtual Stroke Exercise Program



## What is it?

- A **FREE** virtual-based group exercise program for stroke survivors and caregivers.
- Focused on improving strength, balance, endurance, and overall health.
- Options for standing and seating!

## Who is appropriate?

- People who live in Greater Kingston/Napanee and Quinte West area.
- **Access to technology that supports Zoom and a working email**
- Registration is required

## Class Dates/Times:

Wednesday 11:00 am – 12:00 pm

**\*\*On-going Weekly Program\*\***

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**Please call 613-634-0130 ext 3414 for more information or to sign-up**

The VON would like to thank our funders, the Ministry of Health and the SE LHIN (South East Local Health Integrated Network) to bring this program to participants in the Greater Napanee community.

