



Senior Support Services

Stroke Exercise Class



Brockville Wesleyan

Church 35 Central Ave. W

Wednesdays

10:00am—11:00am

Exercises have been modified to meet the needs of the stroke survivor with mild to moderate impairment.

Please call or email for more information or to register :

CPHC Senior Support Services

Phone: 613-342-3693 ext. 2303

E-mail: kducharme@cphcare.ca

Seniors Exercise Class is sponsored by the South East LHIN and the Ministry of Health and Long-Term Care



Call Kim to enroll

Toll free: 1-800-465-7646 extension 2303

www.cphcare.ca