

Learn the signs of stroke

Face is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

Act **F A S T** because the quicker you act, the more of the person you save.

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STROKE SURVIVORS EXERCISE PROGRAM



Stroke Survivors Exercise Program

The CPHC Stroke Survivors Exercise Program based on the Ontario Stroke Network Recommended Guidelines for Community-Based Exercise Program for People with Stroke.

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

The goals of the CPHC post stroke exercise program include:

- ♦ Cardiovascular fitness
- ♦ Strength
- ♦ Flexibility
- ♦ Balance/coordination
- ♦ Socialization



LOCATIONS & TIMES

Tuesdays
Lions Club of Perth
(Perth Fairgrounds)
Halton & Arthur Streets
Perth, Ontario
K7H 3K2



For information about registration and classes, please contact:

Heather Miller , Admin. Assistant
Community & Primary Health Care—
Lanark, Leeds & Grenville
Carleton Place, ONT K7C 4J8
1-800-465-7646 or 613-257-3296,
Extension 2301

hmiller@cphcare.ca