



# Stroke Recovery Exercise Program

A FREE Exercise Program designed for Stroke Survivors of all abilities and their Caregivers!

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## **Belleville**

YMCA of Central East Ontario  
Belleville Branch  
433 Victoria Ave

Wednesdays & Fridays  
1:00pm – 2:00pm

## **Trenton**

YMCA of Central East Ontario  
Quinte West Branch  
50 Monogram Pl

Tuesdays & Fridays  
11:00am – 12:00pm

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**Please call 613-392-4181 Ext. 5350 for more information or to register**



In partnership with the Victorian Order of Nurses and the YMCA of Central Eastern Ontario