



Join us for our FREE Stroke Recovery Fitness Program

When:
Monday's
10:30-11:30 am

Where:
Christ Church Cataraqui
990 Sydenham Road
Kingston



Caregivers are welcome to join!

Classes are designed to be safe and effective for people living with stroke
Location is fully accessible with ample parking

For more information, please call: 613-634-0130 ext 3414

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 Kingston community.

