

Heart & Stroke LIVING with STROKE



Living with stroke is a free group learning program that consists of 8 two-hour workshops conducted weekly. It has been developed for people who have had a stroke and for individuals who care for them.

Topics include:

- Understanding Stroke
- Physical changes and challenges
- Swallowing and nutrition
- Cognition, perception and communication
- Emotions
- Activities and relationships
- Reducing the risk of stroke
- Moving forward

3rd March 2020 – 21st April 2020

1.30pm-3.30pm

VON 1469 Princess Street Kingston K7M 3E9

To Register contact Lynda Lennox

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