



# Free Stroke Recovery Exercise Program

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



## **Registration:**

VON Greater Napanee Site  
12 Richmond Park Dr  
Friday January 31<sup>st</sup>, 2020  
1:00-2:00pm

## **Class Dates/Times:**

Tuesday & Friday  
1:00pm – 2:00pm

## **Location:**

VON Greater Napanee Site  
12 Richmond Park Dr

**Please call 613-634-0130 ext 3414 for more information or to sign-up**

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 Napanee community.

