



# Free Stroke Recovery Exercise Program

In partnership with the Victorian Order of Nurses and the Quinte West YMCA

When:	Where:
Wednesdays & Fridays 1:00-2:00pm	YMCA of Central East Ontario Quinte West Branch 50 Monogram Place

Stay active, have fun in a safe and effective program led by a Registered Kinesiologist for designed Stroke Survivors of all abilities. Caregivers are welcome to join too!

For more information or to register please call:



**1-888-279-4866 ext. 5350**