



# Virtual Stroke Exercise Program



## What is it?

- A **FREE** virtual-based group exercise program focused on improving balance and mobility while seated.
- Appropriate for individuals with limited mobility
- Led by a registered Kinesiologist

## Who is appropriate?

- People who live in Greater Kingston/Greater Napanee
- **Access to technology that supports Zoom and a working email**
- Designed for stroke survivors of all abilities and their caregivers!

## Class Dates/Times:

Wednesday: 10:30-11:30 am

**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.

