



Stroke Survivor Exercise Class



**Virtually via
ZOOM Meeting**

Wednesdays 1pm—2pm

**Please call or email for more
information or to register**

CPHC Senior Support Services
Phone: 613-342-3693 ext. 2303
1-800-465-7646 ext. 2303

E-mail: kducharme@cphcare.ca

*Seniors Exercise Class is sponsored by the South East LHIN and
the Ministry of Health and Long-Term Care*



For information or to register, please call CPHC

Call Kim to enroll

Toll free: 1-800-465-7646 extension 2303