

MOVING FORWARD WITH STROKE



Purpose—This group is for adult stroke survivors and caregivers in Stratford and surrounding area. Through education and peer support, members will be empowered to improve their health and well-being.

Past Topics:

- *Humor*
- *Adapted Activities*
- *Stress Management & Relaxation*
- *Brain Exercise & Cognitive Rehabilitation*

Past Guest Speakers:

- *Stroke Survivor, Robert*
- *Innovative Technology & Research, Deb Willems*
- *Pharmacist*
- *Taoist Tai Chi Society*

WHEN

The first Wednesday of every month
(Break in July and August)
Time: 2:00- 3:30 p.m.

WHERE

Sobey's Community Room
581 Huron Street Unit 4271 # 1
Stratford, ON.
N5A 5T8

Facilitators:

Erin Bickell, Social Worker 519-527-8404 x4288

Grace Benedict, Registered Nurse 519-527-8404 x 4287

Holly Leyser, Recreation Therapist 519-527-8404 x 4282

Please feel free to contact Erin, Grace or Holly with any questions.

COMMUNITY **Stroke**
Rehabilitation TEAM