

Heart & Stroke LIVING with STROKE



Living with Stroke is a free group learning program that consists of 6 two-hour workshops conducted weekly. It has been developed for people who have had a stroke and for the individuals who care for them.

Topics include:

- Understanding Stroke
- Physical changes and challenges
- Swallowing and nutrition
- Cognition, perception and communication
- Emotions
- Activities and relationships
- Reducing the risk of stroke
- Moving forward

WHEN

Every Wednesday from May 13th–June 17th at 1P.M. – 3P.M. Participation in all 6 sessions will be valuable in your stroke recovery and understanding stroke as a caregiver.

WHERE

HDGH-Room 1326 (turn left at gift shop and follow to end of hall and turn left through double doors, room on right)

Address: 1453 Prince Rd. Windsor ON

If you are interested please contact:

Denise Carpenter by phone at: 226-787-0040

Email: dcarpenter@marchofdimes.ca

Registration is limited and required so please email or call to register before May. 1st

Parking tokens can be available for those who require parking at hospital. (Please mention when registering)



**HEART &
STROKE
FOUNDATION**