

## **FREE After Stroke Westshore Program**

For stroke survivors, family members, caregivers

**DATE & TIME:** Wednesdays 11am-1pm

**Drop Ins Welcome**

**LOCATION:** Gordon United Church, 935 Goldstream Avenue, Langford

**CONTACT:** Vicki Pilot @ 250-686-8653 email:  
[vpilot@marchofdimes.ca](mailto:vpilot@marchofdimes.ca) [www.srabc.ca](http://www.srabc.ca)

### **OUR PROGRAMS**

- Exercise and Mobility
- Help finding other health and community resources
- Goal setting for improvement
- Caregiver support
- Stroke recovery education
- Social interaction and support from other stroke survivors
- Speech and language exercises

