



**Victoria Stroke Recovery Association**  
 2964 Richmond Rd.  
 Victoria, BC, V8R 4V1  
 Phone: 250-383-2623

**TURTLE TIMES NEWSLETTER - MARCH 2020**

**Meeting Location:** Knox Presbyterian Church, 2964 Richmond Rd., Victoria, BC, V8R 4V1

VSRA is a non-profit Association. It is a self-support group for stroke survivors, their families and caregivers. Appreciative thanks to our volunteers. You contribute to the success of VSRA and the well-being of its members.

**There Is Life After Stroke!**



Mary Ann McKay – March 12<sup>th</sup> | Larry Robinson – March 22<sup>nd</sup>

**Upcoming Events**

**MARCH 6<sup>th</sup> – 10:30am - 1:30pm**

- Speech Therapy & Language w/Susan Edwards
- Adaptive Exercise w/Judy Avila & Alexis Moores
- Spouse & Caregiver Support

**Program: Health Care – A Right or a Commodity?** w/Dr. Eike Kluge

**MARCH 13<sup>th</sup> – 10:30am - 1:30pm**

- Speech Therapy & Language w/Susan Edwards
- Adaptive Exercise w/Judy Avila & Alexis Moores
- Spouse & Caregiver Support w/Allison Reeves



**Program: SUPRIYA**

*Wear Green for St. Patrick's Day – Door Prizes!*

**MARCH 20<sup>th</sup> – 10:30am - 1:30pm**

- Speech Therapy & Language w/Susan Edwards
- Adaptive Exercise w/Judy Avila & Alexis Moores
- Spouse & Caregiver Support

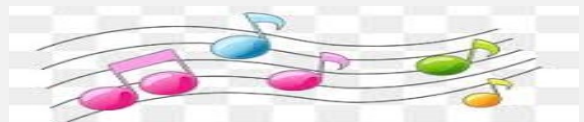


**Program: Not Advertised, but Perfectly Legal: Some Health Products to be Aware of** w/Dr. Edward Ishigoro

**MARCH 27<sup>th</sup> – 10:30am – 1:30pm**

- Speech Therapy & Language w/Susan Edwards
- Adaptive Exercise w/Judy Avila & Alexis Moores
- Spouse & Caregiver Support

**Program: VRSA AGM**



**& SING-A-LONG w/Leslie**