



TURTLE TIMES

Victoria Stroke Recovery Association | 2964 Richmond Road, Victoria BC V8V 4V1
250-383-2623 | www.victoriastrokerecovery.org



Debbie Cowick – September 2nd | Wayne Mew – September 15th | Don Brown – September 23rd

Upcoming Events – September 2022

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

September 9th – 10:30am - 1:30pm

- Speech Therapy & Language w/Marie Schuman
- Adaptive Exercise w/Alexis Moores

Program:



September 16th – 10:30am - 1:30pm

- Speech Therapy & Language w/Marie Schuman
- Adaptive Exercise w/Alexis Moores

Program: **Music with Supriya**



September 23rd – 10:30am - 1:30pm

- Speech Therapy & Language w/Marie Schuman
- Adaptive Exercise w/Alexis Moores

Program: **Mathew, Community Plus Care**

September 30th – **No Program due to renovations.**



Welcome Back!

VSRA is a non-profit association. It is a self-support group for stroke survivors, their families and their caregivers.

There Is Life After Stroke!

VSRA acknowledges with respect the Lekwungen and WSÁNEĆ Peoples on whose traditional land we meet.

Thank you to all the volunteers and supporters who make the program possible!

Please be advised that all program participants (Members, caregivers, volunteers, and presenters) must be vaccinated for COVID-19.