



# TURTLE TIMES

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



## Upcoming Events – February 2023

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

### February 3<sup>rd</sup> – 10:30am - 1:30pm

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

**Program:** **Bingo!**



### February 10<sup>th</sup> – 10:30am - 1:30pm

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

**Program:** **Music with Supriya**



**Valentines Day!**

### February 17<sup>th</sup> – 10:30am - 1:30pm

- Speech Therapy & Language w/Marie Schuman
- Adaptive Exercise w/Alexis Moores
- Caregivers Group w/Heather Atkinson (11:00am – 12:00pm)

**Program:** **Your Health with No GP w/Dr. Stephen Sullivan, UVic**



### February 24<sup>th</sup> – 10:30am - 1:30pm

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

**Program:** **Presentation by Hannah Tepoorten, Tuktu Care Inc.**

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

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

## There Is Life After Stroke!

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

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