



TURTLE TIMES

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



Dianne Linger – March 17th | Don Huhn – March 21st

Upcoming Events – March 2023

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

<p>March 3rd – 10:30am - 1:30pm</p> <ul style="list-style-type: none"> • Speech Therapy & Language w/Marie Schuman • Adaptive Exercise w/Alexis Moores <p>Program: Sandra Large, Psychologist</p>	<p>March 10th – 10:30am - 1:30pm</p> <ul style="list-style-type: none"> • Speech Therapy & Language w/Marie Schuman • Adaptive Exercise w/Alexis Moores <p>Program: Music with Supriya</p> 
<p>March 17th – 10:30am - 1:30pm</p> <ul style="list-style-type: none"> • Speech Therapy & Language w/Marie Schuman • Adaptive Exercise w/Alexis Moores • Caregivers Group w/Heather Atkinson (11:00am – 12:00pm) <p>Program: Presentation by Jordan Parker, VBIS Happy St. Patrick's Day</p> 	<p>March 24th – 10:30am - 1:30pm</p> <ul style="list-style-type: none"> • Speech Therapy & Language w/Marie Schuman • Adaptive Exercise w/Alexis Moores <p>Program: Aging Gracefully w/Dr. Denise Cloutier, UVic</p>
<p>March 31st – 10:30am - 1:30pm</p> <ul style="list-style-type: none"> • Speech Therapy & Language w/Marie Schuman • Adaptive Exercise w/Alexis Moores <p>Program: Annual General Meeting</p> <p>Easter Basket Raffle – 1 for \$2.00 or 3 for \$5.00</p> 	<p>VSRA is a non-profit association. It is a self-support group for stroke survivors, their families and their caregivers.</p> <p>There Is Life After Stroke!</p> <p><i>Please be advised that all program participants (Members, caregivers, volunteers, and presenters) must be vaccinated for COVID-19.</i></p> <p>VSRA acknowledges with respect the Lekwungen and WSÁNEĆ Peoples on whose traditional land we meet.</p>