



Victoria Stroke Recovery Association

(<http://victoriastrokerecovery.org/>)

WEEKLY MEETINGS:

Where: Knox Presbyterian Church
2964 Richmond Rd., Victoria

When: Fridays, 10:30am – 1:30pm

MEMBERSHIP DETAILS:

Annual Fee: \$50.00 (January-December)

WHO SHOULD ATTEND:

Annual membership fees include programs and activities designed for stroke survivors and their care partners. To participate, you should be:

- ✓ Independently mobile
- ✓ Able to eat independently
- ✓ Able to attend to personal hygiene and toileting

Members wishing to participate who are not able to independently do these activities must be accompanied by a caregiver who can provide the needed assistance.

PROGRAMMING:

Annual membership fee includes weekly programming for members who require a combination of speech or mobility therapy provided by professionals, plus:

- ✓ Entertainment
- ✓ Music Therapy
- ✓ Games
- ✓ Educational Talks and Presentations.
- ✓ Special Events

FOR MORE INFORMATION CONTACT:
VSRA Program Coordinator – Mary-Anne Gibbs
Phone: 250-383-2623 (leave message)
info@victoriastrokerecovery.org

FRIDAY SESSION SCHEDULE:

10:30am – 11:00am Coffee Social
11:00am – 12:00pm Physical Exercise
Speech Therapy
Care Partner counselling
12:00pm – 12:30pm Lunch (bring your own)
12:30pm – 1:30pm Social Programming

