

Join us for “Ask an Expert”



Easing into the Caregiver Role
Information, inspiration, and
resources for stroke recovery

Join us for a dynamic presentation
by Donna Thomson to understand
more about the caregiver role,
practicing realistic self-care and to
develop strategies for self
advocating with medical
professionals.

This event has been sponsored by Chartwell. At Chartwell, we're about people. We are in the business of health, happiness and peace of mind for older adults, their families and communities across Canada.

Monday, November 25, 2024

**10 am PT, 11 am MT, 12 pm CT, 1 pm ET, 2 pm AT, 3 pm
NFLD**

This is an online program held via Zoom. First-time attendees can register [here](#). More info: afterstroke@marchofdimes.ca