

# Champlain Community Resources Forum



## When?

June 7, 2023, 1:00-3:00pm

## Where?

Virtual

## Who should attend?

People who have experienced a stroke and their caregivers who live in the Champlain Region interested in gaining knowledge of available community resources

*There is no fee to attend.*

For more information contact  
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[REGISTER HERE](#)

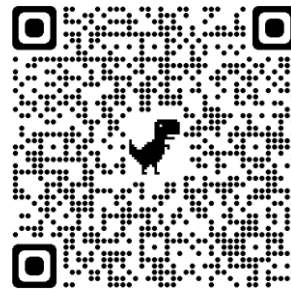
## Highlights of the program:

- Mental health
- Return to work and leisure activities
- Caregiver supports
- Post stroke exercise

## And a brief introduction to:

- Mindfulness
- Yoga
- Art therapy
- Music therapy

## QR code for registration:



*This event is generously supported through Ontario Health. Priority registration will be given to persons with stroke and caregivers in the Champlain region.*

*For more information about stroke care resources visit [www.crsn.ca](http://www.crsn.ca)*