

# WEBINAR

September 10, 2020 - 12:00-13:00



## 'Bridging the Gap' Virtual Exercise Classes for your Stroke Patients

***The Champlain Regional Stroke Network, Family Physio, and Heart Wise Exercise have teamed up with funding from the Seniors fitness exercise program (LHIN and Community Care) to provide a virtual exercise class to assist stroke survivors transitioning to the community from acute care and rehabilitation.***

***Join us to find out more about this program and how it meets the needs of our regional stroke survivors. Be part of the vision of community exercise and engagement for all stroke survivors!***

### ***Objectives for session:***

- 1) Understand Best Practice Recommendations for community exercise post stroke.
- 2) Understand components of Regional Post Stroke exercise program and fitness leader training.
- 3) Understand the role of virtual exercise in facilitating participation and how to refer.

### ***Presenters:***

***Dana Guest, Best Practice Physiotherapist, CRSN***

***Grace Kowalczyk, Manager, Eldercare Programs Family Physiotherapy Centres***

***Jeanne Bonnell, Champlain Local Health Integration Network (LHIN)***

***Jennifer Harris, University of Ottawa Heart Institute, Division of Prevention and Rehabilitation***

**To register click here:**

[https://ottawaheart.zoom.us/webinar/register/WN\\_fl-ErJRVTMmvWkBeSossEw](https://ottawaheart.zoom.us/webinar/register/WN_fl-ErJRVTMmvWkBeSossEw)

