

# Virtual Post-Stroke Exercise Classes for Older Adults



**No fee**

**Classes accommodate all  
fitness levels**

**Seated or standing exercise**

Instructors are HeartWise Exercise trained  
Classes are designed to meet the needs of individuals living with stroke

**To register or for more information please contact:**

**Grace at 613-796-4729 or [gkowalczyk@familyphysio.com](mailto:gkowalczyk@familyphysio.com)**

*Classes are funded through the senior fitness exercise program,  
Home and Community Care Support Services Champlain*



**family**  
PHYSIOTHERAPY  
CENTRES

