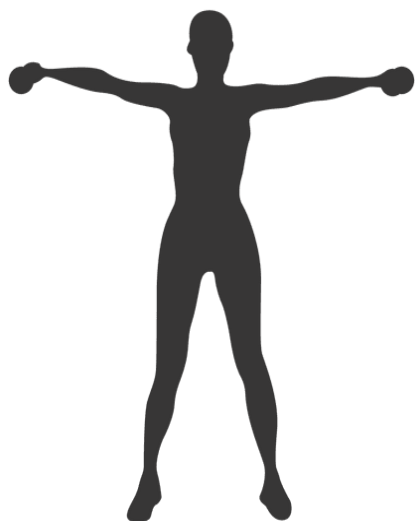


Virtual Post Stroke Exercise Classes for Older Adults

Instructors are Heart Wise Exercise trained and classes are designed to meet the needs of individuals living with stroke



No fee

Classes accommodate all fitness levels

Seated or standing exercise



Classes funded through the senior fitness exercise program, run through Champlain LHIN Home and Community Care.

To register or for more information, please contact Grace at 613-796-4729 or gkowalczyk@familyphysio.com

