

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

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



family
PHYSIOTHERAPY
CENTRES

