

# POST-STROKE EXERCISE CLASSES

## for older adults



No fee



Classes accommodate all fitness levels



Seated or standing exercise



Virtual or in-person options

**\*NEW\*** in-person classes at the **Eastern Ottawa Resource Centre** (Tuesdays and Thursdays 2:45 to 3:30) and the **South Nepean Community Health Centre** (Wednesdays 2:30-3:30 and Fridays 1:00-2:00)

To register or for more information  
contact Grace:



613-796-4729



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family  
PHYSIOTHERAPY  
CENTRE

Regional  
Stroke  
NETWORK



Réseau  
Régional  
DES AVC

CHAMPLAIN

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