



Community & Primary Health Care
Making A Difference In Your Community



Stroke Specific Exercise Program

CLASS SCHEDULE



- Heart Wise Exercise Location with on-site Automated External Defibrillator (AED)

STROKE SURVIVORS EXERCISE CLASSES

(All Classes are Free)

Community	Location	Date	Time
Brockville	CPHC Boardroom	Friday	10:00 a.m.11:00
Perth	Perth Lions Club	Tuesday	9:30—10:30 a.m.

This exercise program is based on the Guidelines for Community-Based Exercise Programs for People with Stroke .

FOR ADDITIONAL INFORMATION PLEASE CONTACT HEATHER MILLER AT

TEL: 613-257-3296 EXT. 2301 or 1-800-465-7646 EXT. 2301

Classes are open to men and women 65+ years of age. Classes are geared towards personal ability, and include functional exercises. This program meets specific Heart Wise Exercise standards designated by the University of Ottawa Heart Institute.

Instructors certified through the Canadian Centre for Activity & Aging