

# Virtual Stroke Recovery Sessions

The Stroke Recovery Association of BC and March of Dimes Canada are offering you several virtual programs to continue to work on your recovery and meet other peers!

- Every **Tuesday** and **Thursday** from 9:00 – 10:00 am PST, there is a **Chair Exercises class** for Stroke Recovery, led by a Certified Fitness Instructor.
- Every **Wednesday** and **Friday** from 1:00 to 3:30 pm PST, there is a virtual **stroke recovery program with discussion, cognitive games, and chair exercises.**
- We also offer programs for **people with aphasia**, contact [jvissers@marchofdimes.ca](mailto:jvissers@marchofdimes.ca) for more information

Everyone is welcome! You can join using a computer, smartphone or tablet.

*Before attending the sessions, you will need to register (one time only, and this is free).*

## How to register:

1. Go to: [strokerecoverybc.ca](http://strokerecoverybc.ca)
2. Click on: **Virtual Programs** button
3. a. To register for the exercises, scroll down to Tuesday or Thursday 9.00 – 10.00 am “FREE CHAIR EXERCISES FOR STROKE RECOVERY”  
b. To register for the stroke recovery program, scroll down to Wednesday or Friday 1 - 3:30 pm “BC Wide Stroke Recovery Program”
4. **Click** on the information button and **click** on the link to the registration page
5. Fill out the form and click **submit**
6. **Check** your email inbox for a link.

*You will receive a weekly reminder with a link to the session with the meeting ID & password. You will need this information every time you want to join a session.*



**We are still finding ways to support each other and connect face-to-face!**

For more information, or to learn more on local opportunities to connect over the phone or virtually:

**Email:** [office@strokerecoverybc.ca](mailto:office@strokerecoverybc.ca)

**Phone:** 236-668-5690