



Join us for “Ask an Expert”

Information, inspiration, and resources for stroke recovery

Brain Training – What do we know?

Join our speaker to discover: What is brain training, and why all the interest? Does brain training work? Are there other options for managing my cognitive abilities post-stroke?

Speaker: Dr. Gail Eskes, Ph.D., R. Psych, Clinical Neuropsychologist

Monday, April 24, 2023

10 a.m. to 11 a.m. (Pacific)

1 p.m. to 2 p.m. (Eastern)

11 a.m. to 12 p.m. (Mountain)

2 p.m. to 3 p.m. (Atlantic)

12 p.m. to 1 p.m. (Central)

2:30 p.m. to 3:30 p.m. (NL/Labrador)

This is an online program, held via Zoom. To register, click [here](#).

For more info.: Kim Smith at 403-471-4148/ kasmith@marchofdimes.ca