

Join TIME

Together in Movement
and Exercise



Have you had a stroke?

Do YOU want to Get Fit and Increase your Energy?

Do YOU want to be more Confident in your Balance?

Join TIME, a 1-hour exercise program devised by Rehab physiotherapists and led by fitness instructors. TIME involves moving through 9 circuit stations at your own pace to help you regain regular movements. Optional social hour is available after class.

TIME is tailored to people with neurological conditions such as stroke, acquired brain injury (ABI) or multiple sclerosis (MS) who are able to walk 10 metres (about 30 feet) with or without a walking aid.

Wednesdays and Fridays 1pm - 2pm

To register call 604-853-4221 or visit us at ARC

In Partnership with Fraser Health



www.abbotsford.ca/prc

