

Island resident shares stories about his life after a stroke

By Nanaimo News Bulletin

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Vancouver Island resident Ben Sullivan knows about the struggles people face after they suffer a stroke.

He had a stroke at 37, which left him with limited mobility and he wasn't able to work.

About 6,500 people suffer a stroke in the province every year. It can put stress on family, and dramatically change the lives of survivors, but people can get help through medical specialists and the Stroke Recovery Association of B.C.

Sullivan is sharing his experiences during the association's Education Day, Dealing with Life After Stroke, in Nanaimo Saturday (June 8). The event is free and open to the public and people who have suffered a stroke or family members, caregivers and medical practitioners are invited to attend.

The Education Day is 10:30 a.m. to 2:30 p.m. at Christ Community Church, located at 2221 Bowen Road. People will learn tips on ways to prevent another stroke, strategies for making home life easier after suffering a stroke and ways to find support programs in the community.

For more information please call 1-604-668-3603 or go to www.strokerecoverybc.ca.

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