

Session 1

Understanding Stroke:

A workshop for stroke survivors & caregivers



This is a 2-3 hour interactive workshop for stroke survivors and their caregivers. Emphasis on stroke education and prevention strategies.

- ✓ Learn about mechanism of stroke
- ✓ Learn about stroke risk factors and prevention strategies
- ✓ Learn about stroke recovery and rehabilitation
- ✓ Experiential stations for care-givers
- ✓ Get your questions answered by Fraser Health Community REDi rehabilitation staff.

Opportunity to ask questions and network

Stroke Education in your Community

Understanding Stroke

Upcoming classes in your community:

Abbotsford**Clearbrook Library**

32320 George Ferguson Way

Tuesday, June 10, 2014

6:00 – 8:00 pm

Call To Register:

(604) 854-2117

Surrey**Newton Library**13795 – 70th Avenue

Wednesday, July 30, 2014

4:00 – 6:00 pm

Call To Register:

(604) 585-5666 Ext: 778778

Port Coquitlam**Wilson Center – Computer Room**

2150 Wilson Ave

Friday, September 9, 2014

1:00 – 3:00 pm

Call To Register:

(604) 949-8210

Chilliwack**Sardis Public Library**

5745 Tyson Road

Monday, September 22, 2014

1:00 – 3:00 pm

Call To Register:

(604) 703-6984

White Rock**Centre for Active Living**

1475 Anderson Street

Monday, October 27, 2014

1:00 – 3:00 pm

Call To Register:

(604) 535-4500 Ext: 757373

Abbotsford**Clearbrook Library**

32320 George Ferguson Way

Tuesday, November 25, 2014

6:00 – 8:00 pm

Call To Register:

(604) 854-2117