

# Virtual Stroke Recovery Sessions

The Stroke Recovery Association of BC and March of Dimes Canada are running virtual stroke recovery programs every **Wednesday** and **Friday** from 1:00 to 3:30 pm Pacific. Everyone is welcome! You can join using a computer, smartphone or tablet.

## Agenda:

- 1:00-1:30 Open Discussion:** Logging in, free chat, connecting with each other
- 1:30-2:30 Discussion & Cognitive Games** (New topic each session)
- 2:30-2:45 BREAK** / Get Ready for Exercises
- 2:45-3:30 Chair Exercises**

### How to join the **Wednesday** meeting:

#### Option 1:

1. Link: <https://zoom.us/j/430082255>
2. Follow the prompts.

\*If you don't have zoom, you will be asked to download zoom.

\*If you have zoom, you'll be asked to open zoom.

#### Option 2:

1. Either open up the Zoom app on your phone or tablet, or go to [zoom.us](https://zoom.us).
2. Click "Join a meeting".
3. Enter this meeting number: **430 082 255**

### How to join the **Friday** meeting:

#### Option 1:

1. Link: <https://zoom.us/j/789817044>
2. Follow the prompts.

\*If you don't have zoom, you will be asked to download zoom.

\*If you have zoom, you'll be asked to open zoom.

#### Option 2:

1. Either open up the Zoom app on your phone or tablet, or go to [zoom.us](https://zoom.us).
2. Click "Join a meeting".
3. Enter this meeting number: **789 817 044**

## NEW:



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

The Kelowna Stroke Recovery Program meets online (or call in with your phone) every Thursday, 11:00 am – 1:00 pm.

Contact us for more information

Website: [www.srabc.ca](http://www.srabc.ca)

Email: [kelownarecovery@gmail.com](mailto:kelownarecovery@gmail.com) or [jvissers@marchofdimes.ca](mailto:jvissers@marchofdimes.ca)

Phone Carrie, Kelowna Coordinator: 778-968-1330

## And... there is more!

### After Stroke Virtual Programs - There's a lot Going On!

We are pleased to offer a range of programs designed to help you work on your recovery and connect with other stroke survivors, every week via Zoom videoconference.

Go: [www.srabc.ca](http://www.srabc.ca) to see all our virtual offerings, and to get more information or to register:

- A weekly **discussion group for people with aphasia**. Space is limited.
- A weekly **PERK** program, designed to help people stay mentally sharp, and to connect and have fun.
- A twice-weekly **one-hour chair exercise session**, led by a fitness instructor.

And these programs are coming soon:

- A second weekly PERK session -- beginners welcome!
- A monthly discussion group for people with aphasia
- An "Ask an Expert" speaker series
- Two weekly GRASP programs -- GRASP is for people who want to improve hand and arm function.

Last but not least, March of Dimes Canada hosts a number of programs, including:

- a twice a week, Canada-wide **After Stroke Community Conversation**
- a weekly **Aphasia Connect** virtual group
- a weekly **Caregiver Café**
- a weekly **music program** delivered by a music therapist
- a series of **workshops and education** sessions.

Go to [this link](#):

<https://afterstroke.marchofdimes.ca/news-events/after-stroke-virtual-activities>