

KEEP MOVING WITH STROKE!



This class includes aerobic conditioning, functional strengthening, mobility and balance exercises specifically designed to meet the needs of those living with stroke. The programme offers modifications allowing each participant to work at their own comfort level and ability. **The class is limited to 12 participants.**

Where : Canada Games Complex, Multi-Purpose Room #1
When : Tuesdays and Thursdays 10:45 - 11:45
Fall Session # 1: Sept 20th to Oct 27th 2011
Fall Session # 2: Nov 1st to Dec 8th 2011
Instructor : John Garland
Cost : Fall Session # 1: \$64 (for 12 classes)
Fall Session #2: \$64 (for 12 classes)

Requirements:

- Diagnosis of stroke and living in the community
- Have finished all therapy programmes
- Written consent to participate in fitness program from a physician or nurse practitioner
- Able to follow instruction and have awareness of physical exertion
- Able to walk at least 10 metres/30 feet with or without a walking aid and the ability to perform exercises in standing with or without support
- Free of serious medical problems restricting physical exercise
- Able to tolerate 2x/week exercise sessions for 60 minutes with rest breaks
- Transportation to/from Canada Games Complex
- Telephone and physical assessment screen performed by a physiotherapist will be required prior to registration to ensure suitability and safety to participate in programme

To Pre-Register or For More Information Contact:

Kirsti Reinikka, Physiotherapist
Community Exercise Program Coordinator
343-2432