

Seaside Stroke Recovery Society

SCHEDULE

March 2017



Friday, March 3, 11:00 a.m.

Exercise therapy
Speech therapy
Art therapy

Friday, March 10, 11:00 a.m.

Exercise therapy
Speech therapy
Eileen and Trevor Wicks, musical duo



Friday, March 17, 11:00 a.m.

Exercise therapy
Speech therapy
Music therapy

Allison Reeves, Counsellor, 11:00 a.m.

Friday, March 24, 11:00 a.m.

Exercise therapy
Speech therapy
Allison Reeves, Stroke survivors and
caregivers counselling after lunch.

Friday, March 31, 11:30 a.m.

Lunch out at British Bobby, Parksville
\$20 all inclusive

**Coffee at Trees Restaurant, Tuesday
mornings, 9:30-11:00 a.m.**



OSRS members at the VIU Spa Institute

When you can't control the wind, adjust your sails!