

Seaside Stroke Recovery Society **SCHEDULE**

April 2018



Exercise Therapy

Friday April 6, 11:00 a.m.

Exercise therapy
Speech therapy
Art therapy

Friday, April 13, 11:00 a.m.

Exercise therapy
Speech therapy
Kirsten McKinnon, highly qualified nurse practitioner, health coach, and personal trainer all in one.



Art Therapy

Friday, April 20, 11:00 a.m.

Exercise therapy
Speech therapy
Music therapy
Allison Reeves, Counsellor, 11:00 a.m.

Friday, April 27, 11:30 a.m.

Lunch out at The Rocking Horse Pub.
Order from the menu, everyone chooses and pays for their order accordingly.



Music Therapy

*Thought for the month:
Don't be pushed around by
your problems.
Be led by your dreams.*