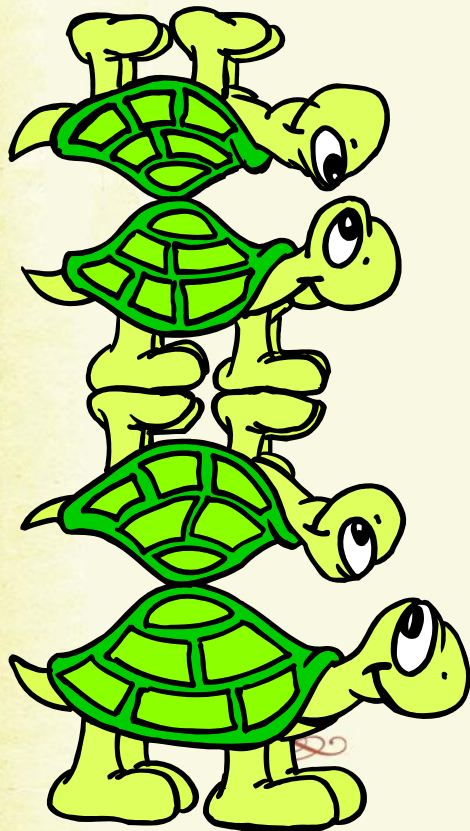


# OCEANSIDE STROKE RECOVERY

## SCHEDULE



March, 2021



**Friday, March 5. on Zoom**  
Exercise therapy, 11:00a.m.-12:00

**Friday, March 12, on Zoom**  
Exercise therapy, 11:00a.m. - 12:00

**Wednesday, March 17, on Zoom**  
St. Patrick's music therapy 2:00-3:00

**Friday, March. 19, on Zoom**  
Exercise therapy, 11:00 a.m.-12:00

**Friday, March. 26, on Zoom**  
Exercise therapy, 11:00 a.m.-12:00

**Speech sessions will take place on Zoom by appointment with the speech therapists.**

### **Thought for the month:**

Ships don't sink because of the water around them: ships sink because of the water that gets in them. Don't let what's happening around you get inside you and weigh you down.

*Happy St. Patrick's day!*