

North Zone Chronic Disease Management



Living with Stroke Support Group

Our support group is a place for North Zone stroke survivors and their families to come together virtually, share their experiences and learn about healthy living after a stroke.

Discussion topics may include:

- Fatigue
- Mood and cognition
- Healthy eating
- Physical activity
- Stress management
- Stroke prevention

When: 2nd Thursday of every month at 3:00 pm

Where: Offered virtually by Zoom

How: Register for this free program at:

<https://redcap.link/strokesupport>



➤ For more information,
contact us at 780-402-8166

