

North Zone



Living with Stroke Support Group

For Alberta's North Zone stroke survivors and their families to provide educational and emotional support following a stroke. This group will offer a place for survivors and caregivers to come together virtually and share their experiences.

Discussion topics may include:

- Fatigue
- Mood and Cognition
- Healthy Eating
- Physical Activity
- Stress Management
- Stroke Prevention



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

Where: Offered Virtually by Zoom

How: Register for this Free Program <https://redcap.link/strokesupport2026>



For more information,
contact us at 780-513-7591

