



Learn how to live your best life after a stroke

This virtual education session is for people who have experienced a stroke, their family members and/or caregivers

Presented by St. Michael's Hospital's Stroke Assessment and Treatment Team

Our education session covers important topics for life after a stroke:

- How to recover and set goals after a stroke
- Understanding medications after a stroke
- Exercise tips after a stroke
- Knowing your stroke risk factors
- Eating well after a stroke
- Help with speech and swallowing issues

Dates of upcoming sessions in 2025

Thursday, March 13th
1:00 p.m. to 3:30 p.m.

Thursday, June 5th
1:00 p.m. to 3:30 p.m.

Thursday, September 11th
1:00 p.m. to 3:30 p.m.

Thursday, November 6th
1:00 p.m. to 3:30 p.m.

Sign up here:



For more information sign up with QR code or email Nikita Kumar at Nikita.Kumar@unityhealth.to

