

March of Dimes Canada - AFTER STROKE SERVICES Presents:

Stroke Recovery Glee Club

Erin Stacknick, MTA (Music Therapist Accredited)
By the Bay Music Therapy

This program will offer a fun, social gathering where stroke survivors of all abilities can join and family caregivers are welcome to attend. There is no pressure in participating and no previous music experience is required. It will truly be a fun and interactive experience from beginning to end!

Some of the activities to explore will include:

- **Warm-ups:** vocal warm-ups, breathing exercises
- **Group Singing:** favourite songs, songs with various speeds and dynamics
- **Gentle Movement:** line dancing, ASL signs, gait training, crossing mid-line
- **Instruments:** Rhythm sticks, foot bells, drums and more
- **Expression:** Songwriting, musical reminiscing, performance opportunities

Whether you would like to attend all sessions, one or a few, please contact Todd for registering as seats are limited.



Sessions:	<input type="checkbox"/> Jan. 18th	<input type="checkbox"/> Feb. 1st	<input type="checkbox"/> Feb. 15th	<input type="checkbox"/> March 1st
	<input type="checkbox"/> March 15th	<input type="checkbox"/> April 5th	<input type="checkbox"/> April 18th	<input type="checkbox"/> May 3rd
	<input type="checkbox"/> All Sessions			
Time:	11a.m to 12 p.m.			
Location:	Thunder Bay 55+ Centre — Room to be announced closer to dates; 700 River Street			
Cost:	Free			
Info:	Call Todd to register for one or more of these free sessions as there are limited seats available 345-6595 ext. 105 <i>or</i> tkennedy@marchofdimes.ca			