

St Joseph's Care Group Presents:

Keep Moving with Stroke at the Canada Games Complex

When: Tuesday and Thursday, 10:45 am – 11:45 am

Spring Session 1 starting: March 24-April 23, 2020

Spring Session 2 starting : April 28-May 28, 2020

Instructor: Karen Gorst-Vigliarolo & Derek Ortgiese

Cost: \$64 for each 6 week session, or pro-rated when you join

- Fall, Winter and Spring Sessions available

Description

- This class includes aerobic conditioning, functional strengthening, mobility and balance exercises specifically designed to meet the needs of those living with chronic stroke.
- The program offers modifications allowing each participant to work at their own comfort level and ability.

Criteria

- Diagnosis of stroke and living in the community
- Have finished all therapy programs
- Written consent to participate in fitness program from a physician or nurse practitioner (this will be obtained by the health care practitioner)
- Able to follow instruction and have awareness of physical exertion
- Able to walk at least 10 meters /30 feet with or without a walking aid and the ability to perform exercises in standing with or without support
- Free of serious medical problems restricting physical exercise
- Able to tolerate 2x/week exercise sessions for 60 min. with rest breaks
- Transportation to/from Canada Games Complex
- Telephone and physical assessment screen performed by a physiotherapist are required prior to registration to ensure suitability and safety to participate in program
- Once you pre-register you will be contacted to make an appointment for this assessment.

Contact Information

- If you are new to the program, contact the Outpatient Neurology Rehabilitation Clerk, Kyla Moore at (807) 346-2334, or email mooreky@tbh.net.
- If you have attended previously or have questions regarding the program please contact Catharine Tombs at (807) 343-2431 ext#2537 or email tombsc@tbh.net

