

NOTICE OF MONTHLY MEETING — STROKE RECOVERY CANADA Thunder Bay Peer Support Chapter (Stroke Recovery Network)

We would like to invite you to our monthly series of talks and opportunities to connect with other survivors and caregivers! February's topic:

Special Guest: Detective Constable MacLaurin—Thunder Bay Police

Back by popular demand, Thunder Bay's Crimes Against Seniors Unit Officer will be coming in to provide an informative session regarding a number of hot topics around safety in our community. Diane is a fantastic resource and will also be available for any additional questions you may have.

And of course, it wouldn't be an afternoon without some light refreshments and great conversation with each other afterwards.

Date:	**Thursday, February 22nd**	FEBRUARY 2018						
Time:	1:30 p.m. to 3:00 p.m.	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Location:	Thunder Bay 55+ Centre — 700 River Street (* Auditorium *)					1	2	3
Info:	Call Todd : 345-6595 ext. 105 or email tkennedy@marchofdimes.ca	4	5	6	7	8	9	10
		11	12	13	14	15	16	17
		18	19	20	21	22	23	24
		25	26	27	28			

****NOTE**** Our monthly meetings are now happening on the **fourth Thursday** of the month. We will be using the **Auditorium** located closer to the entrance of the 55+ Centre.

HEALTHY COOKING CLASS

**** poster on other side ****

The next cooking class will be taking place **Wednesday, February 14th**. Registration is required. Limited spots available. If you have attended but would like to attend again, you can be added to our wait list as preference will be given to those who have not attended a session before.





Cooking Together

A Program for Survivors of Stroke, Family & Caregivers



A Thunder Bay Regional Health Sciences Foundation-funded program for healthy living

**Explore adaptive kitchen tools & healthy recipes
to enhance your cooking experience!**

Presented by TBRHSC/SJCG Registered Dietitians & Occupational Therapists

Contact Todd Kennedy to register:

807.345.6595 ext. 105

SPOTS ARE LIMITED

DATE: February 14, 2018

TIME: 1:00 to 3:00 pm

LOCATION: RFDA 570 Syndicate St S

COST: FREE

*This session is designed for survivors of
stroke who have the cognitive &
communicative abilities to participate.*

Family & caregivers are welcome to attend.

Future adaptive classes are being planned

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Regional Stroke Network**

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