

Stroke Survivors, Caregivers, Volunteers, and Friends



August B.L.A.S.T.

(Building Life After Stroke Together)

at Templeton Pool Activity Room

(700 Templeton Drive, V5L 4X9, Activity Room)

Every Thursday in August

(4, 11, 18, & 25, 2016)

Activities 10 am - 1 pm

(Doors open 9:30 - 2:00)

RSVP appreciated

Drop ins accepted

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| Aug 4, | Chair Yoga with Tracy Lynch
Pulled Pork/coleslaw/bun |
| Aug 11, | All Bodies Dance
Lasagna/caesar salad/garlic bread |
| Aug 18th, | What's new at the Brain Behavior Lab
Pizza undercover in the field |
| Aug 25th, | SureFeet Fall Prevention,
Balance and Mobility Training with Judy Bjornson
Chow Mein/ Asian chicken salad
(Subject to change contact Deb to confirm) |

We'll share stories, play games and sing a few songs
Minimum \$6 donation includes lunch

Hosted by BLAST volunteers
"Building Life After Stroke Together"

Contact deb@turtletalk.ca

604 760 7769 after 11am