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## Stroke Recovery Association of BC

After Stroke BC offers support at any stage of the recovery journey, from hospital to home and back into your community. We have many different programs to help you in achieving your goals and we are here to help you find the ones that are right for you. Our programs are designed to help you with:

**Skill Development:** re-learn and practice skills that will help you in your day-to-day life

**Peer Support:** connect with other individuals who have been impacted by stroke for emotional support, firsthand advice, and the ability to talk through your own experience

**Speech and Communication:** practice improving speech and communications skills in a safe and welcoming environment led by skilled volunteers

**Education:** learn practical and important information about stroke

**Exercise and Movement:** improve your physical function, strength, balance, and energy levels

See our listing under Support Groups in the Resources section

To speak with an After Stroke Coordinator or to register for our programs, please email [afterstrokebc@marchofdimes.ca](mailto:afterstrokebc@marchofdimes.ca) or call us at 1-888-313-3377 ext. 6201



STROKE RECOVERY ASSOCIATION  
OF BRITISH COLUMBIA



- Banner Ad (5.25" x 2")
- 1/2 Page Ad (5.25" x 4")
- 1/2 Page Special (5.25" x 4")
- Full Page Ad (6.25" x 9") Full Bleed (5.25" x 8" with no bleed)
- 1/5 Cover (6.25" x 9") Full Bleed (5.25" x 8" with no bleed)
- O/S Cover (6.25" x 9") Full Bleed (5.25" x 8" with no bleed)

### IMPORTANT NOTICE

**Check Carefully For:** Spelling, Ad Sizes, Layout, Etc.  
Remember Final Proofing Is Your Responsibility