

ONLINE STROKE SUPPORT MONTHLY ACTIVITY SCHEDULE – APRIL 2022

WEEK 1

	MON 4/4	TUES 5/4	WED 6/4	THURS 7/4	FRI 8/4
AM			<p><u>ONLINE - Chair Assisted Yoga</u> 11:30am - 12:30pm via ZOOM</p> <p>Gentle exercise designed to develop strength and balance, for all abilities.</p> <p>Meeting ID: 831 1135 2512 Passcode: 632889</p>		

WEEK 2

	MON 11/4	TUES 12/4	WED 13/4	THURS 14/4	FRI 15/4
AM			<p><u>ONLINE - Chair Assisted Yoga</u> 11:30am - 12:30pm via ZOOM</p> <p>Gentle exercise designed to develop strength and balance, for all abilities.</p> <p>Meeting ID: 831 1135 2512 Passcode: 632889</p>		

WEEK 3

	MON 18/4	TUES 19/4	WED 20/4	THURS 21/4	FRI 22/4
AM			ONLINE - Chair Assisted Yoga 11:30am - 12:30pm via ZOOM Gentle exercise designed to develop strength and balance, for all abilities. Meeting ID: 831 1135 2512 Passcode: 632889		

WEEK 4

	MON 25/4	TUES 26/4	WED 27/4	THURS 28/4	FRI 29/4
AM			ONLINE - Chair Assisted Yoga 11:30am - 12:30pm via ZOOM Gentle exercise designed to develop strength and balance, for all abilities. Meeting ID: 831 1135 2512 Passcode: 632889		

Our Activity Schedule is easy to navigate by the category of groups or sessions.

Green = Social support groups

Yellow = Skills development

Red = Assisted activities

White = No online activities scheduled

For general assistance during business hours, please call **03 9670-1117** or email at

info@strokeassociation.com.au