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**DATE:** Thursday, 10 September 2020

**TIME:** 10:00am-1.15pm

**VENUE:** Sports House, Stadium Drive, Albany 0632

(link to map - <https://harboursport.co.nz/contact-us/>)
*(Plenty of parking in car park, on the right, after entrance gate, however please be aware there are parking meters, first 2 hours free, and please do not to park in the Harbour Sport Staff car parking spaces)*

**COST:** $10 per person (no eftpos)

**PROGRAMME**

**Session 1 - 10am – 10.45am**

Louise Morgan - Clinic Director, Senior Clinical Psychologist - Massey University
Finding meaning and purpose after stroke

**10.45am- 11.10am – morning tea**

**Session 2 - 11.10am – 12.10pm**

Stroke survivors journey

Carers - discussion on understanding & adjusting to the role (break out into another room)

**Session 3 – 12.10pm – 12.55pm**

Sarah Hopkins – Physiotherapist – exercise and wellbeing

**Session 4 – 12.55pm – 1.15pm**

* 20 min Wrap Up / Q&A

***\*\* Please RSVP to - Stroke Foundation Office by Monday 7 September \*\****

***Information Day for people affected by Stroke & their family/carers Organised by the Stroke Foundation NZ***

**To enquire & register contact - Stroke Foundation Office**Tracey Dealey - Regional Administrator 09 475 0070 ǀ northern@stroke.org.nz