

LIFE AFTER STROKE **SEMINAR**

Information day for people affected by stroke and their family / carers

Date / Time: Thursday, 3 August 2023, 9:45am – 1:15pm

Venue: Harbour Sport, Stadium Drive, Albany, Auckland

Cost: \$10

Registration: www.stroke.org.nz/lasseminarnorth



For more information: Tracey Dealey, Regional Administrator,
09 475 0070 or northern@stroke.org.nz

PROGRAMME

10:00am – 10:50am

Maria Casale, NZ Registered Dietitian

10:50am – 11:15am

Morning tea

11:15am – 12.00pm

Stroke survivor stories

12.00pm – 12.30pm

Sarah Hopkins, Hibiscus Neuro Physiotherapy: Exercise and wellbeing

12:30pm – 1:00pm

Patty Govender, Speech Language Therapist

1:00pm – 1:15pm

Wrap up / Q & A