



Come Join



an exercise program tailored to people with neurological conditions such as Stroke, Acquired Brain Injury (ABI) and Multiple Sclerosis (MS)

Do you want to:

- improve your energy?
- increase mobility in your community?
- make it easier to cross the street before the light changes?
- get fit at your own pace and meet new people?

Physical activity can help to maintain or improve physical function and allows for re-integration into community life.

ICAN - Independence Centre and Network

765 Brennan Road, Sudbury ON P3C 1C4

Tuesday and Thursday from 10:00 am to 11:00 am

12 week session (24 classes)

Cost: none



For more information or to register, please contact:

Guy Brunet, Rehabilitation Support Worker

Telephone: 705-673-0655 ext. 1544

E-mail: guy.brunet@ican-cerd.com

Who is Eligible?

- Able to walk 10 meters (about 30 feet) with or without a walking aid
- Physician referral form to be completed

About the Program:

- 2 times per week for 12 weeks
- Designed by Physiotherapists
- Led by Rehabilitation Support Workers
- Seated warm-up (5 min)
- 9 stations in a circuit (40 min)
- Cool-down (10 min)

www.ican-cerd.com

'Ican Sudbury' on Facebook

An exercise program developed by Toronto Rehab and City of Toronto Parks, Forestry and Recreation.

