



## What We Do



- Monthly meetings and healthy refreshments **every 3rd Tuesday/month**
- Guest speakers from the community
- Share local resources, info and support
- Therapeutic Raja Yoga\*
- Accessible conversation\*

## Eligibility

- Stroke Survivor residing in York Region 18 years old+ and/or
- Senior 55+\*\*
- Adult with Chronic Condition\*\*

## Stroke Information

A stroke is when blood stops flowing to any part of your brain. This damages brain cells. The effects of a stroke depend on the part of the brain that was damaged and the amount of damage done.  
(adapted from: heartandstroke.ca)



**F**ace is it drooping?  
**A**rms can you raise both?  
**S**peech is it slurred or jumbled?  
**T**ime to call 9-1-1 right away.



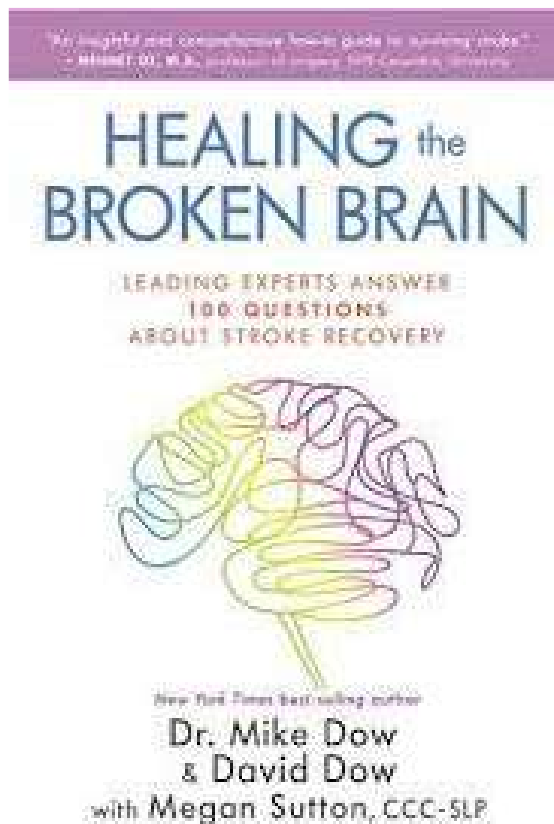
Connecting local Stroke Survivors and their families with each other and York Region

## Location and Contact

Located inside Welcome Centre:  
 9325 Yonge St. #31a, Rm 107A  
 Richmond Hill, ON, L4C 0A8  
 email: [info@sprayr.ca](mailto:info@sprayr.ca)  
 website: [www.sprayr.ca](http://www.sprayr.ca)

\*Service available dependent upon volunteer availability.

\*\*If capacity allows. Preference given to Stroke Survivors.



## Stroke Tip of the Month from Healing the Broken Brain

### 10 Principles of Neuroplasticity – page 30

1. Use it or lose it
2. Use it and improve it

3. **Specify:** You must skillfully practice the exact tasks you want to improve
4. **Repetition matters:** You must do a task over and over again once you've got it right to actually change the brain
5. **Intensity matters:** More repetitions in a shorter time period are necessary for creating new connections
6. **Time matters:** Neuroplasticity is a process rather than a single event, with windows of opportunity opening at different times

7. **Salience matters:** To change the brain, the skill you're practicing must have some meaning, relevance or importance to you
8. **Age matters:** Younger brains tend to change faster than older brains, but improvement is possible at any age
9. **Transference:** Practicing one skill can result in improvement of a related skill
10. **Interference:** Learning an easier way of doing something may make it harder to learn the proper way