

STROKE ACTION CROYDON CARERS WEEK EVENT

WHEN

**Tuesday 7TH June 2016
11am - 3pm**

WHERE

**Croydon Voluntary Action
82 London Road**

CRO 2TB

**You are invited!! Please come along and share your
experience whilst taking part in a variety of activities.**

EMAIL: strokeactioncroydon@yahoo.co.uk

Tel: 0208 688 8132 or 07903 052 577

ACTIVITIES INCLUDE

- **Blood pressure checks**
- **Light and easy chair exercise**
- **Light refreshments**
- **Arts and crafts/
manicure nail art**
- **Assisted use of
specialist equipment**
- **Come along and
take part**

STROKE ACTION CROYDON

CARERS EVENT PROGRAMME

TUESDAY, 7TH JUNE, 2016

11am—12noon	Stroke Awareness, -blood pressure sessions
12noon—1pm	Light and easy chair exercise session
1pm—2pm	Light refreshments
2pm - 3pm	Arts and Crafts/ manicure nail art