



# *Living Well* **After Stroke or TIA**

## **Information for Participants**

Supporting people who have had a stroke or TIA to make healthy changes and reduce the chance of another stroke or TIA.

## What is *Living Well After Stroke*?

*Living Well After Stroke* is a group program that helps you to change your behaviours like healthy eating, physical activity, and taking medications regularly.

The program gives you tips and tools to better your health habits and continue making healthy changes on your own.

Making these changes can help you to stay healthy and reduce the chance of another stroke or TIA.

## Who can participate?

Anyone who meets the following criteria should register their interest in the program:

- › Aged 18 and over
- › Have had a stroke or TIA



## What will be involved?

Participants complete up to 5 sessions over 8 weeks (1 hour).

Sessions are delivered by a trained facilitator online via zoom, or telehealth.

*Living Well After Stroke* workbook provided.

*"I found the program very helpful. The program has motivated me with my goal, something that I have wanted to complete for a while as I know it will help me with my recovery. Thank you."*

*LWAS participant*

## How do I register for the program?

You can register online via our website:

[strokefoundation.org.au/what-we-do/prevention-programs/living-well-after-stroke](https://strokefoundation.org.au/what-we-do/prevention-programs/living-well-after-stroke)

or to speak to a team member please call **03 8691 3821**.



## Where can I find more information?

Scan the QR code for more information on *Living Well After Stroke*.



### **Living Well After Stroke Team:**

✉ [LWAS@strokefoundation.org.au](mailto:LWAS@strokefoundation.org.au)

☎ 03 8691 3821