

We would like to thank all walkers and sponsors for their contributions to Strides for Strokes.

ABOUT NORTH SHORE STROKE RECOVERY CENTRE:

- NSSRC is the main service provider of stroke recovery and community integration services for post outpatient individuals living with stroke.
- 96% of the funds raised go directly to providing services to stroke survivors.
- We are committed to improving the quality of life and independence of stroke survivors living on the North Shore.

To volunteer or make a donation please contact us.



North Shore Stroke Recovery Centre

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Tel: (778)340-5803
info@nssrc.org
www.nssrc.org

**NORTH SHORE
STROKE
RECOVERY CENTRE**

Come Join us at John Lawson Park!

OUR STORY

Prior to the late 1960's there were few places for stroke survivors to receive post-hospital therapies and support. The first Stroke Centre in BC was established in 1974 in North Vancouver by six stroke survivors wishing to meet and support one another. Initially the group met twice a month and over the years the peer and volunteer supported program has grown to 4 days/week offering art, music, exercise and speech therapy. A Young Stroke Survivors' Group and a Caregivers' Support Group were also formed to provide support and resources to this specific population. Through the passion and perseverance of a small group of stroke survivors, the vision of a centre to meet for socializing, therapy and networking became a reality.

Visit our website at www.nssrc.org to find out more about the **North Shore Stroke Recovery Centre.**



**NORTH SHORE
STROKE
RECOVERY CENTRE**

13th Annual Strides for Strokes

Walk Run Wheel

John Lawson Park,
West Vancouver
Saturday June 9, 2018



EVENT INFORMATION

- We are raising funds to continue providing speech, exercise, art and music therapy to North Shore stroke survivors.
- The walk will begin at the playground in John Lawson Park and is wheelchair accessible.
- The route is 2km to 4km in length – depending on whether the walker completes the full or half course route.

SPONSOR FORMS

- We encourage all participants to get pledge support from families and friends.
- Participants collecting \$50 or more in pledges will be entered in a prize draw.
- Charitable donation receipts will be issued for donations of \$20 or more.
- Cheques should be made payable to "NSSRC".

Online donations should be made *in honour* of the participant at nssrc.org.

Click the *donate now* button and follow the instructions for *Strides for Strokes*



Strides for Strokes

13th Annual Walk Run Wheel | Saturday June 9, 2018

Registration begins at 9:30am and walk starts at 10am

PLEDGE CHEQUES SHOULD BE MADE PAYABLE TO "NSSRC"

PLEASE COLLECT ALL PLEDGES BEFORE THE WALK.

If you collect \$50 in pledges, you will be entered in the draw for participant prizes. Pledges are based upon participation, not kilometres. Tax receipts will be issued for donations of \$20 or more. Sponsor names, addresses and postal codes are required in order to receive a tax receipt.

Participant's information (Please print clearly)

Name _____ Team Name _____

NAME	ADDRESS	POSTAL CODE	EMAIL	PLEDGE AMOUNT	TAX RECEIPT? Y/N

Registration Information

Address: _____ Postal Code: _____
 City: _____ Telephone: _____
 Email: _____

I release and discharge the North Shore Stroke Recovery Centre, its employees, volunteers and sponsors from any claim, injury, losses or liabilities as a result of participation in this event.

I grant full permission to North Shore Stroke Recovery Centre to use my name and/or likeness, and/or any photographs, videotapes, motion pictures, recordings, or any other record of this event of me, for any purpose related to the 2018 Strides for Strokes event without any compensation to me.

Signature: _____ (if under 18 yrs, parent or guardian must sign)