

## Life after Stroke

### FREE monthly information sessions

For people who have had **strokes**, their **families**, **friends** and **carers**



**12.30-2.00pm, last Thursday of the month**



**Meetings are on Zoom - [register here](#) to join**



**Eating well for stroke prevention**

Wendy Breare Dietician UBHW



Contact: [strokehit@bristolhealthpartners.org.uk](mailto:strokehit@bristolhealthpartners.org.uk)

Hosted by **Bristol After Stroke**, organised by **Bristol Health Partners Stroke HIT** and partners:



For more **info** or **feedback** please **email**: [strokehit@bristolhealthpartners.org.uk](mailto:strokehit@bristolhealthpartners.org.uk)