

World Stroke Day:

Stroke Talks 2023 Agenda

A series of **FREE** online talks around some of the most common challenges stroke survivors face from Monday 23rd to Friday 27th October.

- To attend our **Facebook Talks**: sign up to our [Life After Stroke Support Group on Facebook](#)
- To attend our **Zoom Talks**: register in advance on [Eventbrite.ie](#)

	Zoom Talks	Zoom Talks	Zoom Talks	Facebook Talks
Mon 23rd	How Your Pharmacist Can Help You 11am - 12pm Kathy Maher, Community Pharmacist	Technology & Stroke Rehabilitation 2 - 3pm Anne Connolly, Acquired Brain Injury Ireland		The Irish Heart Foundation's Stroke Services From 9am Julie Garvey, Irish Heart Foundation
Tues 24th	Music Therapy 11am - 12pm Kevin McNamara, Music Therapist	Entitlements 2 - 3pm Orla Barry, Citizen's Information		Fatigue Management From 9am Aileen Gillic, Irish Heart Foundation
Wed 25th	Carers Talk 10am - 11am Leah Harrington & Paula Kinsella Family Carers Ireland and Building Better Caregivers	Relationships & Stroke 11am - 12pm Pauline Shields, NRH	Acceptance & Commitment Therapy 2pm - 3pm Prof Reg Morris, Plymouth	The Irish Heart Foundation's Nurse Support Line From 9am Lorna Doyle, Irish Heart Foundation
Thurs 26th	Speech & Language 11am - 12pm Blaithnaid Slevin, Community Speech & Language Therapist	Healthy Eating 2pm - 3pm Orna O'Brien, Irish Heart Foundation		Returning To Work From 9am Clara Brennan, Evolve
Fri 27th	Mindfulness Morning Retreat 10am - 1pm Erica Balfour, The Mindfulness Centre			Stroke Survivor Stories From 9am Irish Heart Foundation service users