
Tip on stroke recovery:

“Study how and what you learn best. Repeat those behaviors that are healthy for your brain and break those behaviors and habits that are not. Practice. Learning is about doing the work that your brain requires.”



Dr. Lara Boyd

Physical therapist and neuroscientist, in [her talk about brain development at TEDxVancouver](#)

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For more information, visit us at strokecomebackcenter.org.

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Opening the door to a brighter tomorrow*