

Post-Stroke Fatigue: Navigating Recovery and Everyday Life Stroke Month Webinar 2026, presented by Heart & Stroke

Date and Time

July 16, 2026, 2:00 pm - 3:00 pm ET

Registration

To register for this webinar, please visit: <https://bit.ly/4fbTaEY>

Or use our QR code to register.



Presenters

Mark I. Boulos, BSc, MD, FRCPC, CSCN(EEG), MSc, FAASM

Staff Neurologist (Stroke & Sleep), Sunnybrook Health Sciences Center, Toronto
Senior Scientist, Sunnybrook Research Institute

Aisha Khan, OT, M. Rehab.

Senior clinical advisor for professional practice
CIUSSS West-Central Montreal, Montreal

Person with a Lived Experience of stroke

To be announced soon

Intended Audience

This webinar is intended primarily for people with lived experience of stroke who are living with post-stroke fatigue, as well as their family members, caregivers, and care partners. The content will also be valuable for healthcare professionals across the continuum of care, offering practical insights to better support people with post-stroke fatigue. **This free event is an open invitation and may be forwarded to interested parties.**

About this Presentation

This webinar will open with an overview of post-stroke fatigue, including what it is and how it differs from general tiredness. Key features of post-stroke fatigue and how it affects recovery, daily activities, and participation in everyday life will be discussed, along with practical strategies for managing fatigue and communicating needs with care teams, family members, and friends. The session will also highlight the personal experience of a person with lived experience of stroke, who will share reflections, tips, and strategies for living with post-stroke fatigue.

Learning Objectives

- **Describe** what post-stroke fatigue is and how it differs from general tiredness, including its common features, prevalence, and underlying contributors after stroke.
- **Recognize** signs and impacts of post-stroke fatigue on daily life, recovery, participation, mental health, work, and relationships—drawing on both clinical perspectives and lived experience.
- **Identify** practical strategies for managing post-stroke fatigue, including self-management approaches, rehabilitation supports, and communication strategies with care teams, families, and workplaces.
- **Reflect** on the personal experiences of individuals living with stroke and post-stroke fatigue, enhancing understanding of their unique needs and perspectives, and discuss tips and strategies from the lens of a person with lived experience.

For any questions about the webinar, e-mail KTHP@heartandstroke.ca

This webinar will be recorded and available for viewing on the Heart & Stroke YouTube channel ([@HeartandStrokeCAN](https://www.youtube.com/@HeartandStrokeCAN)).