Dear Family and Friends,

**Did you know?**Over 100,000 Canadians live with aphasia today, and one in three stroke survivors are diagnosed with aphasia.

Aphasia is a communication problem and an invisible disability that masks a person’s competence. It is usually caused after stroke or brain injury, but may also be caused by dementia or brain tumours.

People with aphasia may have difficulty accessing healthcare services, communicating with family members, and establishing strong connections. This can lead to social isolation, low self-esteem, and poor quality of life.

The Aphasia Institute helps people living with Aphasia through conversation-based programs, workshops and support groups for family members, and communication training for healthcare professionals to improve access to healthcare services for people with aphasia.

On Sunday, June 11, 2023 I will walk 5km to support the Aphasia Institute's programs and services.

**I want to make as much of a difference as I can, and that’s why I am asking you today to please donate any amount you can to help me reach my fundraising goal.**

*Even a small donation will make a huge impact in the lives of those living with Aphasia.*

Thank You!