

Living with a Neurological Condition



Strategies to self manage health

We talked to 115 people who live with a neurological condition.

We asked about strategies they used to stay healthy.

Almost 1 in 5 experience cognitive changes

Strategies Used



Brought to you by The LINC Project

The LINC Project seeks to learn about the effect of a neurological condition on people's health, the resources and supports they use, and their participation in everyday life. For details, visit www.ccmrg.ca/linc

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