

Shopping

Information for patients and families

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Shopping Tips



1. **Make list**



2. **Avoid shopping** when **store is busy**



3. Consider **delivery service**



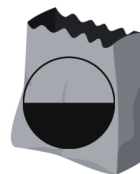
4. Use **cart**



instead of **basket**



5. **Fill bags half way**



More information Visit: cesnstroke.ca/stroke-education-resources-for-patients/

