Recruitment of potential participants

Screening for eligibility

Informed consent

Baseline assessment

Randomization
Stratified by recurrent stroke risk (n = 250)

**USUAL CARE**
3-4 clinic visits in 12 weeks (depending on patient's needs)

Post-intervention assessment

Follow-up assessment at 6 months

Follow-up assessment at 12 months

**PREVENT**
12-week program
2 75-minute exercise sessions/week
1 90-minute education session/week

Post-intervention assessment

Telephone follow-up at 4 and 5 months

Follow-up assessment at 6 months

Telephone follow-up at 7-11 months

Follow-up assessment at 12 months