

Join the Stroke Support Group!

The purpose of the Stroke Support Group is to provide free social and emotional support for stroke survivors and their caregivers.

When: Fourth Tuesday of each month

Dates: October 27, November 24, December 22

Time: 1 to 2:30 p.m.

Where: Conrad E. Anderson, M.D. Auditorium, Room A (Washington West, 2500 Mowry Avenue.)



Above: Erica Mims, a medical social worker at Washington Hospital and Doug Van Houten, R.N., Washington Hospital's Stroke Program Coordinator are conducting the Stroke Support Group.

Various members of the stroke team at Washington Hospital will attend meetings to share and lend their expertise on a variety of stroke related topics. These professionals include:

- Physical & Occupational therapists
- Speech therapists
- Dietitians & Pharmacists

Support group meetings are intended to help educate stroke survivors and their caregivers by providing important resources and referrals for services related to post stroke care. Group discussions allow stroke survivors to share similar problems to help others learn to live with these changes. Meetings will also include:

- Discussions of concerns or successes and announcements
- Educational topics on diet, exercise, motor skills, etc.
- Group exercise/stretching or craft
- Refreshments and social time

**Learn from others who have had strokes
Learn from stroke experts
Learn about resources
Make friends and help others**

For more information: Call (510) 745-6525

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