

## STROKE SUPPORT GROUP 2018 SCHEDULE

Learn more about dealing with the effects of a stroke, community resources, and share personal experiences in a positive, supportive environment.

Advocate Good Shepherd Hospital sponsors a stroke support group for stroke survivors, their family members, and caregivers. We meet the 3<sup>rd</sup> Tuesday of every month. Continuous therapy and support are integral to recovery and improvement in the quality of life after stroke.

DATE	TIME	LOCATION
1/16/2018	2-3 pm	Square D- Community Health Room
2/20/2018	2-3 pm	Square D- Community Health Room
3/20/2018	2-3 pm	Square D- Community Health Room
4/17/2018	2-3 pm	Square D- Community Health Room
5/15/2018	2-3 pm	Square D- Community Health Room
6/19/2018	2-3 pm	Square D- Community Health Room
7/17/2018	2-3 pm	Square D- Community Health Room
8/21/2018	2-3 pm	Square D- Community Health Room
9/18/2018	2-3 pm	Square D- Community Health Room

In addition, the group offers fellowship, recreational opportunities, and much more. Participants talk about the difficulties they have encountered after stroke and realize others are experiencing similar situations. It provides members with reassurance that they are not alone in their recovery. A light snack is served at each meeting. Please join us!

