



Stroke Education and Support Group

This free McLaren Flint educational series is for stroke patients, those at risk for stroke, and their family members.

Series Details

- ✦ **Programs held the 1st Wednesday of each month**
- ✦ **3:30 p.m. to 5:00 p.m.**
- ✦ Beech Hill Center, Family Medicine Building, Conference Room A
3230 Beecher Rd, Flint, MI 48532

For questions, please call (810) 342-5560.

The first half of each program will be educational and the second half will be support time for survivors and their caregivers. The series will cover a variety of topics:

Series speakers will include: physicians, speech language pathologists, physical and occupational therapists, dietitians and social workers.



FLINT

mclaren.org



2019 Stroke Education And Support Group Calendar



Date	Topic
January 2	Health Issues Related to Stroke
February 6	Incontinence - Bladder Management after a Stroke
March 6	Leisure and Recreation Activities - How to stay active after a Stroke
April 3	Emotional Issues Related to Stroke
May 1	Social Outing
June 5	Health Issues Related to Stroke
July 10*	Exercise and Stroke Recovery
August 7	Nutrition and Healthy Choices
September 4	Modifications and Home Safety
October 2	Health Issues Related to Stroke
November 6	Social Outing
December 4	Holiday Gatherings and Communication

*Please note this is the second Wednesday of July due to the holiday.