



McLAREN FLINT STROKE EDUCATION AND SUPPORT SERIES

A FREE MONTHLY SERIES

The McLaren Stroke Network offers a free education and support program series for stroke patients, people at high risk of a stroke, family members of stroke patients, and the community. The first half of the meeting is reserved for the education series and any questions from the attendees to improve their knowledge of stroke, therapies and treatment, and prevention. The second half of the meeting is allocated for sharing and support for the survivors and their friends, family and caregivers.

The McLaren Stroke Network is pleased to provide access to stroke education and support series to as many stroke patients and caregivers in Michigan as possible by joining in person or virtually. Use the QR code on your smart device or type www.mclaren.org/main/stroke-education-and-support into



your internet address bar and scroll to the bottom of the page to join virtually. Links to all the virtual groups are provided on the website and use the Zoom platform. Attend the group that best fits your life, schedule, or location.

We truly care about your well-being, so if you plan on attending in person, please wear a mask as requested by McLaren Flint. We will also be respectful of everyone's space and practice social distancing. If you have any questions regarding support groups, please Call Ashley Yotkois, Neurosciences Coordinator, at **(810) 342-5706**.

** NOTE: Subjects and speakers may change due to unforeseen circumstances.*

Stroke Education and Support Group

Programs may be attended virtually or in person at the Hospitality House at McLaren, G-3170 Beecher Road, Flint, MI 48532

January

Stroke prevention and your Medications
Suzy Wilson

February

Group Meeting

March

Physical Therapy, PT

April

Modifying Stroke Risk Through Diet
Dietician

May

Yoga
Dr Wolf

June

NRI Driving Simulation
Occupational Therapy

August

Stroke Support Group Cookout

September

Life After Stroke with Aphasia
Katie Strong, SLP

October

Stroke
Dr. Tummala

November

Emotions and Recovery After A Stroke
Dr. Yin-Ju Lee

December

Stroke Support Group Christmas party