



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.

If you have any questions regarding support groups, please call the 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 3 | 3:30 - 5:00 p.m.

Medication Safety – Pharmacy
Pharmacy

February 7 | 3:30 - 5:00 p.m.

Preparing for Integration Back Into the Community
Kellie Stites-RT

March 6 | 3:30 - 5:00 p.m.

Safety in the Community and at Home After Stroke
Audrey Bowe-PT

April 3 | 3:30 - 5:00 p.m.

Nutrition/Cooking Demonstration
Lewis Strong and Amy Hughes

May 1 | 3:30 - 5:00 p.m.

Staying Emotionally Strong
Dr. Vriesman and Dr. Lee

June 5 | 3:30 - 5:00 p.m.

Friends, Family, and Yard games!

August 7 | 3:30 - 5:00 p.m.

Stroke Support Group Cook Out

September 4 | 3:30 - 5:00 p.m.

Yoga and Relaxation
Dr. Wolf

October 2 | 3:30 - 5:00 p.m.

Stroke
Dr. S. Tummala

November 6 | 3:30 - 5:00 p.m.

Art Therapy
Erin Simonetti

December 4 | 3:30 - 5:00 p.m.

Stroke Support Group Christmas Party



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