

New Beginnings

STROKE SUPPORT GROUP

First Thursday of each month • 4:00 p.m.

JUNE

Take a bite out of this! Eating for your health

Speaker: registered dietitian

JULY

Adaptive equipment for Independence

Speaker: occupational therapy

AUGUST

The long and short of memory after a stroke

Speaker: speech therapy

Join Zoom meeting

<https://zoom.us/j/99246807207>



SEPTEMBER

The emotional side of stroke recovery

Speaker: licensed clinical social worker

OCTOBER

The connection between stroke and sleep

Speaker: TBD

NOVEMBER

Health by the number

Speaker: Felicia May, APRN

DECEMBER

Heart healthy holiday cooking

Speaker: TBD