



Stroke Support Group

For Stroke Survivors, Family Members, and Caregivers

MarinHealth's monthly **Stroke Support Group** provides comfort and assistance for community members who have experienced stroke, as well as their caregivers and loved ones.

The group offers a welcoming environment for participants to find common ground, exchange tips, and encourage each other. Each month, participants will:

- Hear from expert speakers including physicians, pharmacists, dietitians, physical therapists, occupational therapists and speech-language pathologists who will cover a variety of stroke-related topics.
- Learn about and discuss diet, motor skills, exercise, prevention and more.
- Have the opportunity to socialize and share stories, challenges and solutions they have found helpful.

Date

Fourth Tuesday of every month.

Time

1:00 – 2:00 pm

Virtual, via Zoom

Login at:

mymarinhealth.org/strokesupport

Questions?

Please feel free to email

nicole.pacha@mymarinhealth.org

and/or denise.lynniannelli@mymarinhealth.org

mymarinhealth.org, or call

1-415-925-7453.