More than 6.5 million people in the U.S. have survived a stroke. In a split second your life changed and you are now a stroke survivor. We want to help you learn about stroke and understand what care and support options are available for you as you travel the road to recovery.

Explore resources and information about treatment, rehabilitation, and living with your best life after having a stroke. Whatever the case, this support group will facilitate with:

- Getting comfort and encouragement from others facing similar problems
- Realizing you are not alone
- Combating isolation and depression (a part of surviving a stroke). Obtain and share accurate information about Stroke rehabilitation, research, and resources in the community.
- Promote public awareness and education

Refreshments are provided.

Free. No pre-registration required

Facilitator(s):

Meaghan M. Lynch, MD
Doris Bersing, PhD
Elke Tekin, PR,
Tiffaney R. Adams and
Stephanie Denton

Further Information:
Living Well 1-800-805-7104

- January 19: Introduction to Stroke Support Group, Informational session facilitated by Kaiser Permanente on “Stroke and Emotional Changes”
- February 16: Therapy session facilitated by Living Well
- March 16: Informational session facilitated by Kaiser Permanente on “Post-Stroke Fatigue” – tentative guest speaker Dr. Meagan Littlepage
- April 20: Therapy session facilitated by Living Well
- May 18: Informational session facilitated by Kaiser Permanente – tentative guest speaker Dr. Peter Nelson, physician and stroke survivor
- June 15: Therapy session facilitated by Living Well
- July 20: Informational session facilitated by Kaiser Permanente
- August 17: Therapy session facilitated by Living Well
- September 21: Informational session facilitated by Kaiser Permanente
- October 19: Therapy session facilitated by Living Well (**room change) (**4141 Geary Blvd, 1st floor F2 conference room – October 19 only
- November 16: Informational session facilitated by Kaiser Permanente
- December 21: Dinner/Social Holiday Celebration

Where:
Kaiser Permanente, French Campus
450 6th Avenue, 1st Floor Room Board
San Francisco

All Groups Start at 4:30pm-
Room Opens at 4pm for Members