

STROKE SUPPORT GROUP

A support group can help deal with the emotions and changes that occur after a stroke or brain injury. Many people and families experience difficulties as a result of these changes.

A support group can help.

STROKE SUPPORT GROUP FOR:

- Stroke Survivors
- Brain Injury survivors
- Caregivers
- Family Members
- Recovery Teams
- Anyone interested in learning about stroke
- Healthcare staff welcome

STROKE SUPPORT PROVIDES:

Education
Support
Socialization
Friendship
Sharing of ideas

REDUCE THE RISK OF RECURRENT STROKE:

Approximately 1 in 4 patients will experience a recurring stroke.

To prevent another event:

- Manage high blood pressure
- Manage high cholesterol
- Keep diabetes under control
- Exercise
- Eat healthy
- Stop smoking
- Follow-up with your doctor or other provider



The meeting of this support group is at 1:00 PM on most Mondays of each month.

Meetings are held at the Friendship Hose Co. No. 2, 12 South Main Street, DuBois, PA. Parking is behind the building.

Monthly event calendars are available by calling Jolene Barbazzeni, 814-375-6476.

All events are also listed on our website by visiting www.phhealthcare.org.

For further information about stroke:

American Stroke Association,

www.strokeassociation.org

National Stroke Association, www.stroke.org

Penn Highlands DuBois Primary Stroke Center

814-375-6476



Penn
Highlands
Healthcare