



# Stroke Support Close to Home

*Free*

RECOVERY AND ADJUSTING TO lifestyle changes after stroke can take time, but you're not alone! Harrison's Stroke Support Group meetings are a welcome place for those who have sustained a stroke, their caregivers, and families, to discuss their concerns, changes, and feelings with others who can help and share experiences.

## Stroke Support Group Topics in 2013

### **Aphasia**

Presenter: Brenda Austin, SLP  
Wednesday, January 16

### **Atrial Fibrillation**

Presenter: Nathan Segerson, MD  
Wednesday, March 20

### **Stroke Survivors**

Presenter: Karen Dionne,  
Reclaiming Ourselves  
Wednesday, May 15

### **Medication Management**

Presenter: Charles Ho, PharmD  
Wednesday, July 17

### **Neuromuscular Issues Post-stroke and Botox**

Presenter: Robert Rubenstein, MD  
Wednesday, September 18

### **Tai Chi**

Wednesday, November 20

The Harrison Stroke Support Group meets at 1 pm in the Harrison Silverdale Garden Room, 1800 NW Myhre Road. For more information call **360-744-3485**.



**Heart &  
Vascular Center**  
at HARRISON

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