



# STROKE SURVIVOR SUPPORT GROUP

*Support Group for Discharged Stroke Patients and/or Their Caregivers*

**WHEN:** Last Thursday of Every Month from 2:00–3:00 pm

**WHERE:** YMCA, 411 E. 3rd St. Flint MI 48503

Parking lot is located right out front of the building on the corner of 3rd & Stevens.  
Overflow parking is across 3rd St.

## 2017 SUPPORT GROUP SCHEDULE:

**May 25** .....Nutrition and Health Eating

**June 29** .....Open Discussion

**July 27** .....Knowing Your Risk Factors

**August 31** .....Stress Management

**September 28** .....Simple Exercises to Improve Skills

**October 26** .....Smoking Cessation

**November 30** .....Nutrition and Health Eating

**December 29** .....Open Discussion

**For more information or any  
question please contact:**

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