Stroke Support Group

Learn  |  Share  |  Connect  |  Inspire

Meets the 2nd Tuesday of every month at 9:00 a.m. – Penn State Health St. Joseph, Room #1126 (First Floor, 1N Conference Room)

Any questions, please call: 610-378-2492
Stroke Support Group

The stroke support group is open to all stroke survivors, families and caregivers. It is an opportunity to share experiences, gain support and strength, increase education and awareness surrounding strokes, mini strokes and TIA’s. Registration is not required and the Stroke Support Group is free to join and open to the community.

**Stroke Support Group Benefits**

Each month, a guest speaker is featured who shares information helpful to stroke survivors and loved ones in all phases of stroke recovery. These speakers, who are experts in their field, will discuss topics such as a healthy diet, exercise, cardiovascular disease, anti-coagulant medications, physical and emotional changes after a stroke and much more.

In addition to the guest speakers, stroke survivors, caregivers, and family members are able to share experiences, knowledge, concerns, and day-to-day issues amongst themselves.

The Stroke Support Group gives participants an opportunity to share experiences with other survivors, families and caregivers. Receive encouragement from others who know what you are going through and to inspire survivors, families, and caregivers to keep moving forward.

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*Meets the 2nd Tuesday of every month from 9:00 a.m. – 11:00 a.m.*

**Penn State Health St. Joseph**
Room #1126, First Floor, 1N Conference Room
2500 Bernville Road, Rte. 183, Reading, PA 19605

*Any questions, please call: 610-378-2492*

*View our calendar of events at:*

[www.thefutureofhealthcare.org](http://www.thefutureofhealthcare.org)