

## Stroke Survivor's Support Groups at KAISER Permanente SF

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):

*Dr. Meaghan M. Lynch, MD  
Dr. Doris Bersing, PhD*

Further Information:

1-866-625-1416

# Stroke Survivors Support Group 2018

- **January 18:** Introduction to Stroke Support Group, Informational session facilitated by Kaiser Permanente and Dr. Bersing "Stroke and Emotional Changes"
- **February 15:** Wellness session facilitated by Dr. Doris Bersing/Living Well
- **March 15:** Informational session "Staying Healthy as a Caregiver" facilitated by guest speaker Jessica Abele PT
- **April 19:** Wellness session facilitated by Dr. Bersing/Living Well
- **May 17:** Informational session facilitated by Kaiser Permanente
- **June 21:** Wellness session facilitated by Dr. Bersing/Living Well
- **July 19:** Informational session facilitated by Kaiser Permanente
- **August 16:** Wellness session facilitated by Dr. Bersing/Living Well
- **September 20:** Informational session facilitated by Kaiser Permanente
- **October 18:** Wellness session facilitated by Dr. Bersing- Living Well
- **November 15:** Fitness After Stroke; Working Out from Home. Learn how with Kristin McNealus, DPT, MBA, ATP
- **December 20:** Dinner/Social Holiday Celebration

### Where:

**Kaiser Permanente, French Campus  
450 6<sup>th</sup> Avenue, 1<sup>st</sup> Floor Room Board  
San Francisco**

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

*Free, no registration necessary. RSVP encouraged.*

Contact [Support@dorisbersing.com](mailto:Support@dorisbersing.com)  
Phone: 1-866-625-1416