



STROKE SUPPORT GROUP

If you or someone close to you experienced a stroke, you know how much life can change. But it makes a big difference to know **you're not alone.**

The WHS free Stroke Support Group is an opportunity for stroke survivors, family members and caregivers to empathize with and encourage one another.

Participants will learn valuable information from a variety of professional educators, share experiences and find inspiration to continue on the path to recovery after a stroke.

Free blood pressure testing is available at each session.

MONTHLY GROUP MEETINGS

PLACE

WHS Wilfred R Cameron
Wellness Center
240 Wellness Way,
Washington, PA 15301

DATE

2nd Thursday
of every month

TIME

11:00 am - 12:30 pm

For more information,
contact Lisa Pareso

(724) 229-2160