



Meritus Health Stroke Support Group

When:

Meetings are held the third Tuesday of the month from 4-5p.m.

Where:

Meritus Total Rehab Care, Purple Entrance, Robinwood Suite 201

Meetings are hosted by Jennifer Smith BSN, RN, and April Fogle BSN, RN, Meritus Health Stroke Care Specialists.

This year's topics include:

January 21: Starting the year on a positive note. Guest Speaker: Patrick Ricker

February 18: Heart Health and Stroke: A discussion of cardiac risk factors

March 17: As luck would have it: A stroke survivors story

April 21: Adding some Spring to your step: Join us for a brief chair exercise sequence demonstration from our outpatient rehab team

May 19: Stroke Awareness Month: A Teachable Moment movie showing: a documentary of 4 Maryland Stroke Survivors, light refreshments served

June 16: Game Night: Join us for some fun board games and snacks

July 21: Summer Cook Out: Join us for a heart healthy cooking demo

August 18: How sweet is too sweet?: Diabetes and Stroke: Join us for a discussion on diabetes risk factors.

September 15: Guest Speaker: Patrick Ricker

October 20: Fall Paint Night: Join us for an artist led paint night.

November 17: Thankful for you Potluck: Bring your favorite Thanksgiving side or dessert to share and join us for a holiday meal.

December 15: Cookies and Coffee: Come celebrate the holiday season with us by decorating cookies.

**For more information please call, 301-790-8840
or email StrokeCareSpecialist@meritushealth.com**