

# Lifelong Stroke Education & Support



## CLASS LOCATIONS

Sarasota Memorial has a special division devoted to promoting education, wellness and the management of stroke and neurological diseases. We provide ongoing motivation and support as well as personal time with a focus on you. Make participation part of your treatment plan.

### Stroke Support Group

This is your time to share your goals, struggles, ideas & accomplishments. We learn from each other as we work towards a healthier and happier balanced life.

**Join us on the 1st Wednesday of each month at 1pm**

Clark Road Health Care Center, Education Room

### Stroke Wellness Club

Modeled after the National STROKE Association's LEAP (Lifelong Education & Advocacy Program) it is a systemic approach to post-stroke education. We celebrate the 3 T's each month:

- ▶ **Take Off:** A few minutes of movement and stretching.
- ▶ **Table Topics:** 20 minutes of requested educational topics to promote stroke health and wellness.
- ▶ **Time to Talk:** Share and ask questions of our trained staff, support mentors and each other.

**Join us on the 2nd Wednesday of each month at 1pm**

Sarasota Memorial Rehabilitation Pavilion, 3rd Floor Classroom

**No reservation necessary. FREE TO THE PUBLIC**



**Lifelong Stroke Education & Support**  
(941) 917-3890 | [smh.com](http://smh.com)

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#### Clark Road Health Care Center

5880 Rand Blvd.  
Sarasota, FL 34238

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#### Sarasota Memorial Hospital Rehabilitation Pavilion

1700 S. Tamiami Trail  
Sarasota, FL 34239

