

Stroke Education And Support Group

KAISER PERMANENTE SOUTHERN ALAMEDA COUNTY HEALTH EDUCATION DEPARTMENT



This group offers education and support for stroke survivors and their caregivers or adult family members. Participants will be able to:

- Meet other stroke survivors
- Share information and experiences
- Learn about important community resources
- Ask questions about stroke and stroke prevention

Each group is facilitated by a Licensed Speech Pathologist and will feature a guest lecturer who is a health care professional.

Location:
Union City, Building B
Room B1A/B, 1st Floor
(next to cafeteria)

Time: 11 a.m. to noon

Fee:
Free to Kaiser Members
and to the community

Registration:
No registration required.
Call (510) 675-4531 for
more information

Every attempt is made to secure an expert presenter on a scheduled topic. However, there are times when a presenter cannot attend due to emergency patient/member obligation.

*Meets 3rd Thursday
Monthly*

January

Stress Management
Behavioral Medicine Specialist

February

Making Daily Tasks Easier
Occupational Therapist

March

Understanding Medications
Pharmacist

April

Fall Prevention/Improving Mobility
Physical Therapist

May

Neurological Aspects of Stroke
Physician

June

Grief/Loss/Acceptance
Hospice Chaplain

July

Medical Aspects of Stroke
Physician

August

Rehabilitation after Stroke
Physician

September

Nutrition and Stroke Prevention
Registered Dietitian

October

Depression
Psychiatrist

November

Home Safety
Physical Therapist

December

Caregiver Resources

See reverse side for additional resources