

Stroke Support Group

2025 Meetings



**All meetings are from
3:30-4:30 pm**

**Powers Health Rehabilitation Center
Community Room A
10215 Broadway, Crown Point**

Stroke survivors, families and caregivers are invited to attend this free monthly support group.

Our goal is to provide education and create a forum where individuals can share their experiences, offering hope to others.

Admission is free and refreshments will be provided.

**For more information
and to register, call
219-661-6058.**



PowersHealth.org

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| March 12 | Medication Management after Stroke; Speak with Tim the Pharmacist |
| April 9 | Outdoor Spring Activity Safety; Spring Planter - Bulb Planting Activity |
| May 14 | Stroke Survivors Reunion Party |
| June 11 | Getting Ready for Summer: Being Safe with Outdoor Activities |
| July 9 | Mindful Meditation and Chair Yoga after Stroke |
| August 13 | Controlling What You Can Control to Reduce Stroke Risk - Thanzeela Mohideen, MD |
| September 10 | Pet Care and Home Safety after Stroke - Heeling Powers Pet Therapy Program |
| October 8 | Diet Considerations for the Holidays; Halloween Party with Pumpkin Painting Activity |
| November 12 | Holiday Travel: Driving and Travel Safety Tips |
| December 10 | Stress Management through the Holidays; Holiday Craft Activity |