



Are pleased to present a

Stroke Survivor and Caregiver

Monthly Support Group

Held every 2nd Wednesday at 3:00 P.M.

At

The Pines at Catskill Center for Nursing & Rehabilitation

[154 Jefferson Heights  
Catskill, New York 12414](http://share.here.com/r/mylocation/e-eyJuYW1lIjoiUGluZXMgYXQgQ2F0c2tpbGwgQ2VudGVyIGZvciBOdXJzaW5nICYgUmVoYWIiLCJhZGRyZXNzIjoiMTU0IEplZmZlcnNvbiBIdHMsIENhdHNraWxsLCBOZXcgWW9yayIsImxhdGl0dWRlIjo0Mi4yMzI1OCwibG9uZ2l0dWRlIjotNzMuODc2NzksInByb3ZpZGVyTmFtZSI6ImZhY2Vib29rIiwicHJvdmlkZXJJZCI6Mjk2MTQyNDEwNDE4ODc3fQ==?link=addresses&fb_locale=en_US&ref=facebook)

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Learn more about the following topics in a relaxed and caring environment

* + - * Overview of strokes
      * Signs, symptoms and types
      * Adaptive equipment and their uses
      * Coping skills – caregiver burn-out
      * Open forum – sharing ideas, thoughts and concerns
      * Available resources

All are welcome!

For questions call: (518) 943-5151