



Survivors of Stroke Support Group Fargo

Meet others affected by stroke to share stories and ideas, provide and receive support and learn more about stroke-related concerns. All stroke survivors and caregivers are welcome.

- Topics:** Group conversation is a mix of:
- Sharing of challenges, recovery progress, helpful tips, encouragement
 - Coping skills, emotional support, social interactions, spirituality
 - Stroke symptoms, medical concerns, medications
 - Healthy living, exercise, diet
 - Activities, speakers, and treats

Date: Meets monthly on the third Thursday of the month
Time: 3:00 pm – 4:30 pm
Location: Sanford South University Medical Center
1720 S. University Dr., Fargo, ND
Conference Room 1A-1 (across from cafeteria)

2020 Dates:

Jan. 16	Feb. 20	Mar. 19	Apr. 16
May 21	Jun. 18	Jul. 16	Aug. 20
Sep. 17	Oct. 15	Nov. 19	Dec. 17

For more information:

Contact Sue Johnson, Stroke Program Educator

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