

# *Life After Stroke*

## **NEW BEGINNINGS**

Having a Stroke is a Life altering experience. Support groups are a great way to meet other stroke survivors and care partners who understand what you are going through. Our mission is to enhance the lives of survivors and care partners through self-help education and supportive discussions.

**A group for Stroke Survivors and those who care for and about them**

**WHEN:**

The Fourth Thursday of each month from 10 - 11:30 a.m.

**WHO:**

All Stroke Survivors, care partners and families are invited to attend.

**LOCATION:**

## **Pomona Valley Health Center, Claremont**

**1601 Monte Vista Avenue • Claremont, CA 91711**  
**Conference Room – Second Floor**

For more information, please call:

**909.865.9823**

or email: [Stroke.Support@pvhmc.org](mailto:Stroke.Support@pvhmc.org)



[www.pvhmc.org](http://www.pvhmc.org)