

We provide educational lectures and screenings on stroke awareness and prevention

Our Free Seminars are intended to educate, screen, and inform the community on stroke.

Topics to include:

Stroke Prevention
High Blood Pressure
Cholesterol
Diet and Exercise
Stress
Depression
Diabetes
Sleep Apnea
Heart Disease

We also offer, Free of Charge One of the following screenings:

Carotid Artery
Abdominal Aortic Aneurysm
Blood Pressure
Cholesterol/Glucose

Our seminars include a 50 minute presentation, and the screenings will immediately follow the presentation.

For further information on how to book a seminar or to be a seminar sponsor; please call
(888)-794-9466

Hope After Stroke Foundation is a non-profit organization that depends upon donations. It is through the generosity of our donors that the **Hope After Stroke Foundation** is able to continually provide high quality services to the stroke community.

Please consider donating to the **Hope After Stroke Foundation.**

For further information on our programs and who we serve, please call us.

**23382 Mill Creek Dr., Suite 130
Laguna Hills, CA 92653
(888) 794-9466**

www.hopeafterstroke.org

Board of Directors

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Dr. Nerses Sanossian, Keck Medical Center of USC



- ◆ SUPPORT
- ◆ EDUCATION
- ◆ SCREENINGS



Sponsored by:



We offer a forum for stroke survivors to meet others facing similar challenges, and to support each other in a positive way.

So. Orange County

2nd and 4th Monday of each month
Time: 1:30-3:00pm
Where: RTH Stroke Foundation
23382 Mill Creek Drive Suite 130
Laguna Hills, CA 92653
RSVP: 888-794-9466

Cost: Free Refreshments served

N. Orange County

1st and 3rd Monday of each month
Time: 1:30 to 3:00pm
Where: **St Jude Community Service Building**
130 W. Bastanchury Road
Fullerton, CA 92835

Sponsored by:

St Jude Medical Center
Hope After Stroke Foundation
RSVP: 888-794-9466 **Cost: Free**

KECK Medicine of USC Support Group

2nd Thursday of each month
Time: 1:30 to 3:00pm
Where: **Keck Hospital**
1500 San Pablo St.

3 North, Acute Rehabilitation Unit Day
Los Angeles, CA 90033
Please RSVP to: Melody Sharifi at
(323) 442-0049 Melody.Sharifi@med.usc.edu
Refreshments served, parking validated!

Los Alamitos Hospital

1st Friday of each month
1:00pm-2:30pm

Where: Los Alamitos Medical Plaza
3851 Katella Ave., Education Room 1st Floor
Los Alamitos, CA 90720
RSVP: 888-794-9466 **Cost: Free**

Sponsored By: Los Alamitos Medical Center
Hope After Stroke Foundation

80% of all Strokes are Preventable

Our Mission

The purpose of this organization is to provide educational, therapeutic resources and support to stroke survivors and their families. We realize the many challenges and unanswered questions you might be left to deal with after a stroke, as well as a long journey towards recovery.

We will provide,

- **Resources** to assist you with your care, help you deal with the physical and emotional issues, as well as day-to-day tips for starting recovery at home.
- **Support groups**, Individual caregiver and family support. We will help you begin the process of living life after the devastation of a stroke.

More than 7million people in the United States have survived a stroke. You have needs, you have questions, and we have answers. We will strive to help improve your quality of life and achieve your personal best. Helping and supporting stroke survivors, along with their family, friends, and caregivers are the goals of the Hope After Stroke Foundation, where your recovery after a stroke is our main goal.



....Because there is life after Stroke

Who We Serve

We realize the challenges that you might be faced with as well as a long journey to recovery when left to deal with so many unanswered questions, as a result from having a stroke.

We strive to help improve your quality of life and achieve your personal best during recovery.

Making your recovery easier is our main objective. Our staff is able to provide support through our recommended agencies that service the greater Los Angeles and Orange County, CA areas.

Stroke Warning Signs:

- **Sudden** numbness, weakness of the face, arm or leg on one side of the body.
- **Sudden** loss of speech, or trouble talking or understanding speech.
- **Sudden** dizziness, unsteadiness or sudden falls.
- **Sudden** dimness or loss of vision, particular in one eye.
- **Sudden** severe headache with no apparent cause, often described as “the worst headache I have ever had.”