

STROKE SUPPORT GROUP

FOR THE 55 AND UNDER SURVIVOR AND CAREGIVER



The Fourth Wednesday of Each
Month
5:30–7:00 p.m.

Location:
HealthSouth
14851 Yorba Street
Tustin, CA 92780



Stroke Support and Education Group

Sponsored by: HealthSouth Tustin, OC Global Medical Center and the Hope After Stroke Foundation

This free group is for survivors, caregivers, and family. It is led by Tiffanie Hylland, LVN at HealthSouth Tustin, and features:

- A place for stroke survivors to meet and develop positive, supportive relationships
- A structured approach for caregivers and families to support one another
- Resources and education to help encourage active and satisfying lives
- Education to help better understand stroke prevention, rehabilitation, recovery, and overall wellness
- Discussions on family situations that occur after a stroke
- Ways you can enter back into the workforce once again
- Financial advice from qualified personnel
- Light refreshments served

For more information or to register, please call Christine at
The Hope After Stroke Foundation
(888) 794-9466

