



Stroke Support Group

Fall/Winter 2009



**1ST & 3RD
WEDNESDAY
OF THE MONTH**

10:00 AM—11:30AM

Swedish Medical Ctr.
501 E. Hampden Ave.
2nd Floor
Conference Rooms

All sessions are
FREE of charge.
Friends and family
are invited!

Group Facilitator:
Wade Jensen, M.Div.
303.788.8675
wjensen@thecni.org

Oct 7

Linda Coughlin, RN BSN

When someone has a major life altering event such as a stroke it can leave us longing for the familiar. Depression & anxiety are not uncommon responses to these changes. Personality change can be physiological as well as psychological leaving us feeling depressed & anxious. This topic is bound to open a lively discussion & common thread among participants.

**SNACKS
PROVIDED!!**

Oct 12

Karen Quinn, Certified Yoga Therapist

This beginner's yoga class is designed for those who have experienced a stroke who may have limited ability to move, breath & relax. Take an hour to discover what is possible as you move towards healing! People with all levels of mobility are welcome. Chairs will be available for anyone who finds it difficult to sit on the floor. Wear comfortable clothing and bring water.

**Limited to 10 participants. Please RSVP to
Cristina at 303-357-5444**

5:30pm-6:30pm
Progressive Health Center
701 E. Hampden Ave. #225

**SPECIAL TIME &
LOCATION!!**

Oct 21

Peer Support

Nov 4

Jo Ann Pegues, Registered Dietician, MPA

Demonstration & Free Lunch: Learn how to start & maintain the D.A.S.H. Diet that has been proven in clinical trials to lower blood pressure by reducing the amount of sodium you consume. Tips on eating out, reading labels & recipes ideas.

Please RSVP to Cristina at 303-357-5444

**LUNCH PROVIDED
RSVP!!**

Nov 18

Peer Support

Dec 2

Peer Support

Dec 16

Holiday Potluck Party

Celebrate the holiday spirit with survivors, friends, family and caregivers. Please bring something yummy to share with the group.