

BAY AREA STROKE EDUCATION SERIES

The Stroke Survivor Group at McLaren Bay Region proudly offers the Bay Area Stroke Education Series for new patients, caregivers and survivors. Join us for a presentation and time for questions & answers of a topic related to stroke. During this program, you are welcome to listen, ask questions, or participate if you desire. Guests are welcome to join you!

MEETING LOCATION:

All meetings will be held at the Center for Rehabilitation, 3190 E. Midland Road, located on McLaren Bay Region's West Campus.

RSVP by calling toll-free 1-877-411-2762 anytime or online at www.mclaren.org/BayClasses.

There is no cost to participate in any of these programs. If you would like to participate in any of these programs virtually, please let us know upon registration and Zoom information will be sent to you.

Grace Rodriguez, RN, Stroke Program Coordinator, Megan Bouverette, Case Manager/LMSW, and Lee Johnstin, RN, PPS Coordinator will be your hosts for the meetings and will be available to answer any individual questions you may have.



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WEDNESDAY, SEPTEMBER 8, 2021 AT 3:00 P.M.

STROKE PREVENTION

Speaker: Janice Baker, Nurse Practitioner, McLaren Bay Neurology

Join Janice as she discusses what a stroke is, warning signs, risk factors, stroke prevention tips and controllable risks, and resources for additional information.

WEDNESDAY, OCTOBER 13, 2021 AT 3:00 P.M.

ADVANCES IN STROKE CARE AND MANAGEMENT

Speaker: Neurology Specialist

Join our speaker to learn about the advances in stroke care, including prehospital care, emergency department, stroke recognition, stroke treatments, stroke assessment, and secondary stroke prevention and management.

WEDNESDAY, NOVEMBER 10, 2021 AT 3:00 P.M.

CHAIR EXERCISES

Speaker: Beth Trahan, Bay County Recreation Coordinator

Healthy physical activity comes in all forms, even seated! Join Beth as she teaches some basic chair exercise that everyone can do and feel good about!

WEDNESDAY, DECEMBER 8, 2021 AT 3:00 P.M.

HEALTHY EATING FOR THE HOLIDAYS

Speaker: Registered Dietitian, McLaren Bay Region

Making healthy food choices, understanding portion sizes and learning the best times to eat are important to any great eating plan, however holiday seasons and special events can be especially challenging. Join our speaker to learn some tips for eating healthy during the holidays.