

STROKE

SUPPORT GROUP



**PROVIDES OPPORTUNITIES FOR LEARNING
STRENGTHENS DIGNITY AND SELF WORTH
PROVIDES SUPPORT TO RENEW HOPE**

WHAT IS THE KAWEAH DELTA STROKE SUPPORT GROUP?

A stroke can be devastating to the patient as well as family and friends. The Kaweah Delta Stroke Support Group brings together stroke survivors and their families in an atmosphere of caring and sharing to assist in recovery. Education about life after a stroke, including helpful hints and coping skills is included. Stroke survivors not only face new disabilities, but also possible medical complications and the need to prevent recurrent strokes. A stroke support group that empowers members with information and provides emotional support can promote both good health and a good quality of life.

STROKE

- 750,000 Americans suffer a new or recurrent stroke each year.
- Stroke is the leading cause of adult disability in the U.S.
- Stroke is the number three cause of death behind heart disease and cancer.
- About every 45 seconds someone in the U.S. will have a stroke.
- Of every five deaths from stroke, two occur in men and three in women.
- Thirty percent of all strokes happen to people under the age of 65.

WARNING SIGNS OF A STROKE

- Sudden numbness, weakness or paralysis of the face, arm or leg on one side of the body.
- Sudden confusion, loss of speech or trouble talking or understanding.
- Sudden dizziness or loss of vision, particularly on one eye.
- Sudden severe headache with no apparent cause.
- Unexplained dizziness, unsteadiness or sudden falls.

SUPPORT for
STROKE SURVIVORS
and **THEIR FAMILIES**

SCHEDULE

WHEN:

Third Tuesday of
every month

TIME:

5 p.m.

PLACE:

The Lifestyle Center
5105 W Cypress Ave,
Visalia, CA 93277

FOR MORE INFORMATION:

559-624-3700