

Stroke Support Group

2026 Meetings



**All meetings are from
3:30-4:30 pm**

**Powers Health Rehabilitation Center
Community Room A
10215 Broadway, Crown Point**

Stroke survivors, families and caregivers are invited to attend this free monthly support group.

Our goal is to provide education and create a forum where individuals can share their experiences, offering hope to others.

Admission is free and refreshments will be provided.

**For more information
and to register, call
219-661-6058.**



PowersHealth.org

March 11	Exercise Post Stroke: Using technology and music to maintain momentum
April 8	Caregiver Guide/Spring Craft Activity
May 13	Medication Management (including pill box giveaway)
June 10	Diet Considerations /Dysphasia
July 8	Summer Game Day
Aug. 12	Pain/Spasticity and BP management (BP screening)
Sept. 9	Holiday Travel/Driving
Oct. 14	Halloween Party with Pumpkin Painting Activity
Nov. 11	Seasonal Depression: Stress reduction strategies and community resources for depression
Dec. 9	Holiday Party