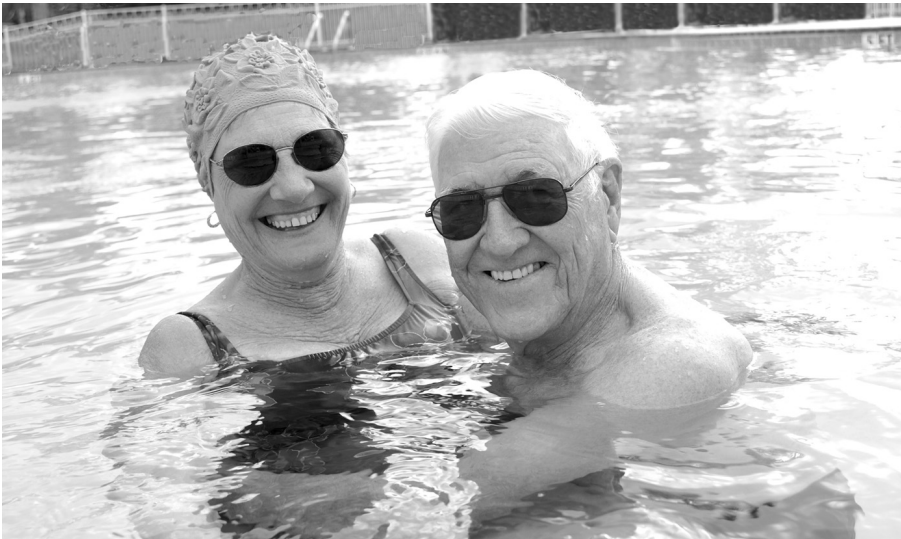


STROKE EDUCATION AND SUPPORT GROUP

KAISER PERMANENTE • FREMONT / HAYWARD / UNION CITY • HEALTH EDUCATION DEPARTMENT



The Stroke Education and Support Group offers education and support for stroke survivors and their caregivers or adult family members.

Participants will be able to:

- Meet other stroke survivors
- Share information and experiences
- Learn about important community resources
- Ask questions about stroke and stroke prevention

Each group is facilitated by a Licensed Speech Pathologist and will feature a guest lecturer who is a health care professional.

Location:

Union City, Building B
Room 2A/2B, 2nd Floor

Fee:

Free to Kaiser members
and to the community

Time:

11 a.m. to noon

Registration:

No registration required.
Call (510) 784-4531
for more information.

**Meets 3rd Thursday
Monthly**

January

Stress Management
Behavioral Medicine Specialist

February

Making Daily Tasks Easier
Occupational Therapist

March

Understanding Medications
Pharmacist

April

Fall Prevention/Improving Mobility
Physical Therapist

May

Neurological Aspects of Stroke
Physician

June

Grief/Loss/Acceptance
Hospice Chaplain

July

Medical Aspects of Stroke
Physician

August

Rehabilitation After Stroke
Physician

September

Nutrition and Stroke Prevention
Registered Dietitian

October

Depression
Psychiatrist

November

Home Safety
Physical Therapist

December

Open Discussion



KAISER PERMANENTE®

Visit Our Health Education Centers

We have a wide selection of health resources to help you better understand and take care of your health.

These health resources include:

- Video Tapes and DVDs you can view in our centers
- Reference Books
- Internet Access available for medical searches
- Circulating Book and Video Tape Collection
- Free Pamphlets
- Books, Videos, Audio Tapes, and Specialty Items for sale
- Community Resource Information
- Access to Web sites:
members.kp.org
fremont.kp.org
hayward.kp.org
- Anatomical models and charts
- Health Education Class Registration and Information
- Friendly staff to answer your questions and help you find what you need

Visit KP.ORG

**Register today for a healthier way of life.
It's secure. Convenient. Free.**

- E-mail your doctor
- Schedule routine appointments
- Order prescription refills
- View select lab results

LOCATIONS

Location: **Hayward Health Education Center**
27400 Hesperian Boulevard
2nd Floor of the Main Medical Building
above the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.
Wednesday open till 7 p.m.

Phone: (510) 784-4531

Location: **Dr. Spencer Larsen
Pediatric Health Education Desk**
27303 Sleepy Hollow Avenue
1st Floor, Sleepy Hollow Building

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 784-4344

Location: **Union City Health Education Center**
3553 Whipple Rd.
1st Floor next to the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 784-4531

Location: **Fremont Health Education Center**
39400 Paseo Padre Parkway
Niles Building, 1st Floor
Next to the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 248-3455