

St. Francis  
Memorial Hospital  
and  
Wimmer Rehabilitation

***Stroke  
Support  
Group***



*The mission of  
Franciscan Care  
Services, Inc. is to  
live and to promote  
the healing mission  
of Jesus Christ.*

For our current calendar and list of  
announcements, please refer to  
[http://www.fcswp.org/wimmer-  
rehabilitation/stroke-support-group](http://www.fcswp.org/wimmer-rehabilitation/stroke-support-group)

Contact  
Wimmer Rehabilitation  
-Stroke Support Group-  
**402-372-2372**

Name: \_\_\_\_\_  
(Last) (First)

Address: \_\_\_\_\_  
(Street)

(City) (State) (Zip Code)

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Please list the names of anyone would like to attend with you (spouse, caregiver, etc)  
Name(s): \_\_\_\_\_

If interested in being placed on the Stroke Support Group mailing list, please complete the information card above. Mail it in or drop it off at St. Francis. Then watch for our flyers in your mail!

# Stroke Support Group is **SIMPLE!**

**Supportive**  
**Inspirational**  
**Motivational**  
**Practical**  
**Life-affirming**  
**Educational**

## Topics

These are just a few of the many exciting and functional topics we discuss.

- Caregiver and family support
- High blood pressure
- High cholesterol
- Medications
- Memory
- Nutrition
- Pain
- Physical activities
- Recurrent strokes
- Signs and symptoms of stroke
- Type of strokes

The purpose of the Stroke Support Group is to provide stroke survivors, families, caregivers, and friends an opportunity to support each other as they strive to rebuild their lives and promote health, independence, and well-being.



## Benefits

- Learn new information.
- Understand stroke, rehabilitation, prevention, and wellness.
- Support from others.
- Teach others about your experiences.
- Gain confidence in life post stroke.

SFMH-Wimmer Rehabilitation  
Attention: Stroke Support Group  
430 N Monitor Street  
West Point, NE 68788