



Central Valley - Recovery - Awareness - Preventing Strokes

Thursday, February 25, 2010
12noon-2pm

Connect with other stroke and traumatic brain injury survivors. Establish links. Receive encouragement and Support. Feel Included. Be inspired. Discover new resources. Get engaged! Feel Comfortable sharing your challenges and hearing experts!

This month's guest speaker

Lisa Harp
President



Healing in Motion

Stroke Survivor, Bernard Adeniram, shares what he did to regain his strength and start life again after his stroke.

Catherine Brovelli, Caregiver, shares her recent research on Social Psychotherapy. Could it be helpful to you?

Greg Garma, challenged with reading after his stroke, found a way to get his computer to read to him and has designed a format on youtube.com to show you how to set up your computer to read to you.

Reuben Elias, stroke survivor, shares a biblical verse supporting a healthy life and guides us in prayer.

Location
Health Plan of San Joaquin
7751 S. Manthey Road
French Camp, CA 95231

Donation
\$15.00
Survivors & Caregivers
\$ 5.00

RSVP is needed for lunch.
Please call 209-234-2802