



# Woodland Community Stroke Support Group

If you or someone you know has suffered a stroke, we invite you to join us. Develop a support system with others going through similar stroke lifestyle changes. This support group is for stroke survivors and their families, an informal atmosphere to share common concerns and to learn about community resources and activities.

**Every third Monday of the month**  
**1:00 to 2:00 p.m.**  
*(\*January & February, fourth Monday)*

Woodland Community & Senior Center

2001 East Street, Woodland, CA 95776

Facilitated by Dignity Health Neurological Institute Staff

Stroke Support Group is FREE.  
All are welcome. For more information,  
please call **916.537.5177**

## 2024 Schedule

January 22, 2024\*

February 26, 2024\*

March 18, 2024

April 15, 2024

May 20, 2024

June 17, 2024

July 15, 2024

August 19, 2024

September 16, 2024

October 21, 2024

November 18, 2024

December 16, 2024



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Woodland Healthcare

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