



# Stroke Survivors 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.

**First Wednesday and last Monday of each month listed\*  
12:30 to 2 p.m.**

Lukens Auditorium  
6555 Coyle Avenue, Carmichael, CA

Facilitated by Mercy San Juan Medical Center  
Stroke Survivors Support Group is FREE

All are welcome. For more information, please call 916.537.5177.



## 2026 Schedule

*First Wednesday:*

January 7  
February 4  
March 4  
April 1  
May 6  
June 3  
July 1  
August 5  
September 2  
October 7  
November 4  
December 2

*Last Monday:*

January 26  
February 23  
April 27  
July 27  
September 28  
October 26  
December 28