

Cheyenne Regional Medical Center's Stroke Support Group

Stroke Recovery education and discussions for the stroke survivor and caregiver

2018 Support Group Schedule

January	Modifying activities and Hobbies in Stroke recovery
February	Atrial Fibrillation and it relationship with Stroke
March	Nutrition and Healthy food options
April	Coping strategies during Stroke recovery
May	Strategies to improve memory after stroke
June	Travel safety
July	Picnic – Location TBD
August	Retreat and Refresh Stroke Camp – in Allenspark, CO
September	Post Stroke Therapy/Rehabilitation
October	Questions answered about Stroke prevention medications
November	Discussion on “Thankfulness”
December	Holiday dinner – Location TBD

Meetings are held on the 1st Tuesday of the month from 6:00pm – 7:00pm
in the Teton Room located in the basement of the East Campus, 2600 E 18th Street