

STROKE EDUCATION & SUPPORT GROUP

WEBINAR CLASS SCHEDULE



**Meets 3rd Thursday
Monthly**

June

Stroke Resources
Health Education Staff

July

Rehabilitation after Stroke
Physical Therapy

August

Emotional Journey of Stroke
Social Worker - Complex
Chronic Conditions

September

Understanding Medications
Pharmacy Residents

October

Nutrition & Stroke Prevention
Registered Dietitian

November

Home Safety
Physical Therapist

The Stroke Education and Support Group

offers education and support for stroke survivors and their caregivers or adult family members.

The support group is offered virtually. Smart device and/or computer is needed to access the group. Instructions to follow once you register.

Participants will be able to:

- ✓ Meet other stroke survivors
- ✓ Share information and experiences
- ✓ Learn about important community resources

Each group is facilitated by health educators and will feature a guest lecturer who is a health care professional.

Times: 11 a.m. to noon

Fee: Free to Kaiser members and to the community

Registration: Call one of our Healthy Living Centers.

- Fremont Healthy Living Center (510) 248-3455
- San Leandro Healthy Living Center (510) 454-4531
- Union City Healthy Living Center (510) 675-4531

Every attempt is made to secure an expert presenter on a scheduled topic. However, there are times when a presenter cannot attend due to emergency patient/member obligation and scheduled topics may have to be moved to other months.

**Program fees listed are subjected to change and may depend on your health coverage. Please refer to your current Evidence of Coverage (EOC) to confirm the services covered under your plan.*

Health Education and Promotion Department

Champions for Healthy Living
Fremont, San Leandro, Union City

Register on kp.org for the following Kaiser Permanente services

- E-mail your doctor
- View most lab results
- Find classes and support groups
- Refill your prescriptions
- Schedule, cancel, and view appointments
- Act for a family member

Visit the following kp.org websites for quick and easy access to health programs

- kp.org/mydoctor
- kp.org/womenshealth
- kp.org/menshealth
- kp.org/children
- kp.org/classes
- kp.org/fitness

Spanish

- kp.org/espanol
- kp.org/vidasana

Healthy Living Classes & Resources*

Available Online at

kp.org/fremont/healtheducation or kp.org/hayward/healtheducation
kp.org/sanleandro/healtheducation or kp.org/unioncity/healtheducation

Having Surgery? Go to your physician's homepage on kp.org/mydoctor
Click on "Prepare for Your Procedure - Emmi" to learn more about your surgery

Locations

All our centers are open Monday to Friday, 9 a.m. to 5 p.m.

Fremont Healthy Living Center

39400 Paseo Padre Parkway, Niles Building, 1st Floor, **510-248-3455**

San Leandro Healthy Living Center

2500 Merced Street, Medical Office Building, 1st Floor, **510-454-4531**

Union City Healthy Living Center

3553 Whipple Road, Building B, 1st Floor, **510-675-4531**

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