



**Our Mission:**

AMITA Health is a Christian healthcare leader committed to partnering with physicians and community to provide whole-person care and promote wellness

**AMITA Adventist Hinsdale Hospital**

120 N. Oak St.

Hinsdale, IL 60521

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**AMITA Adventist LaGrange Memorial Hospital**

5101 S Willow Springs Rd

LaGrange, IL 60525

[julie.dwyer@ahss.org](mailto:julie.dwyer@ahss.org)

(708) 245-7965

Both hospitals are proud to be certified as Primary Stroke Centers by the Joint Commission on Hospital Accreditation.

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**Mission:**

SEASPAR provides dynamic recreation programs and quality services for residents with disabilities.

4500 Belmont Road

Downers Grove, IL 60515

(630) 960-7600

[www.seaspar.org](http://www.seaspar.org)

Contact: Greg Pavesich, Recreation Coordinator

[gpavesich@seaspar.org](mailto:gpavesich@seaspar.org)

# STROKE SUPPORT GROUP 2016 CALENDAR

*Our group meets for education, fun and fellowship, from March-December on the 2<sup>nd</sup> Wednesday of the month, from 10:30 am- 12:00 noon, unless otherwise noted.*

*Reminders will be sent approximately 2 weeks prior to meeting with full details & contact information. We welcome all stroke survivors and companions. Call or email individuals at left to be included on mailing list.*

<b>Date</b>	<b>Activity</b>	<b>Location</b>
March 9	Regroup/Renew Let's come together for the first time this year to greet old friends and gain some new!	LaGrange Memorial Hospital (ALMH) 5 <sup>th</sup> Floor East Day Room Courtesy car available
April 13	Synapse House Speaker	Tupper Hall Calandra Parlor 119 North Oak Street Across the street from Hinsdale Hospital (AHH)
May 11	Brunch outing 10:30 am to 12:30 pm	TBD by Group
June 8	Speaker on Social Security and Insurance	LaGrange Memorial Hospital (ALMH) 5 <sup>th</sup> Floor East Day Room Courtesy car available
July 13	Speaker on Nutrition	Tupper Hall Calandra Parlor 119 North Oak Street Across the street from Hinsdale Hospital (AHH)
August 10	Picnic in the Park	Ty Warner Park Picnic Pavilion Westmont, IL
Sept. 14	Presentation on Exercise and Yoga	LaGrange Memorial Hospital (ALMH) 5 <sup>th</sup> Floor East Day Room Courtesy car available
Oct. 12	Morton Arboretum	Morton Arboretum Lisle, IL
Nov. 9	Pharmaceutical Speaker on medications	Tupper Hall Calandra Parlor 119 North Oak Street Across the street from Hinsdale Hospital (AHH)
Dec. 14	Holiday Party	LaGrange Memorial Hospital (ALMH) 5 <sup>th</sup> Floor East Day Room Courtesy car available