

Stroke Support Group

358 North Pleasant Street, Amherst, MA 01002

Second Saturday of every month, 10:30 am – 12:00 pm

Hello friends!

This week we spent some time sharing how we have stayed motivated and hopeful throughout our challenges. Remember to honor all you have accomplished! See you next month!

Chin up!

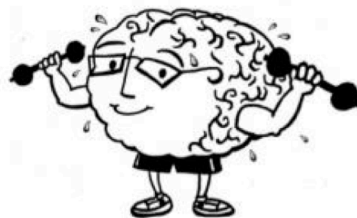
Trying to stay motivated after a stroke can be difficult. Our members shared this advice to keep you going!

Stay present

Focus on the **good** things – in your life, family, the world around you – whatever makes you smile!

Remember, the journey is never going to be straight, and it may be slow – but you'll get there!

Set goals for yourself



Upcoming Events

July 9

July SSG Meeting

Annual BBQ!

August 13, 2016



Starts 12:00 pm

Jacquie and Polly's Home

1141 South East Street

Amherst, MA 01002

Local Activities and Resources:

Weldon Rehabilitation Driver Advisement Program

More information can be found through the below link. Copy and paste into your browser.

<http://www.mercycares.com/driver-advisement>

Caregiver Support Group

Amherst Senior Center

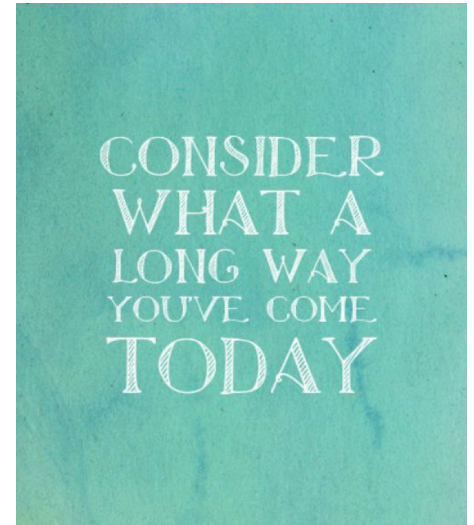
The Caregivers Support Group will meet on Thursdays, June 23rd and July 7th & 21st from 1:30-3 PM. Sessions provide emotional support, resource information, nurse consultant and a loaning library for caregivers. For information or to register, contact Helen at 413-259-3062 or macmellonh@amherstma.gov

Young at Heart Chorus

To learn more about the Northampton based Young@heart chorus, visit their website below.

<http://www.youngatheartchorus.com/index.php>

Celebrate all of your accomplishments – there are no little things!



Busy Bees!

Between fishing, yard work, tree trimming, and traveling, our group has been busy and productive this month!

Stay safe and have a wonderful month!