

March 2018

Stroke Support Group

358 North Pleasant Street, Amherst, MA 01002

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



Upcoming Events

April 15

Mindful Movement
Event – 11:00a am –
2:00 pm

May 12

Tech Talk – 9:30 am
May SSG Meeting -
10:30 am

June 9

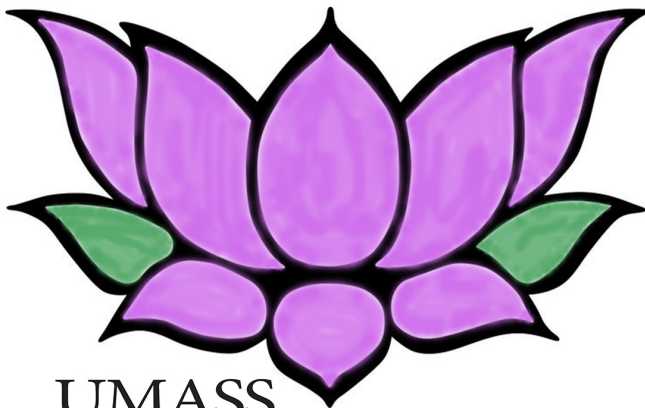
Tech Talk – 9:30 am
June SSG Meeting -
10:30 am

Hello friends!

Please read below for an update regarding our Mindful Movement Event coming up this month! Also included is a new community resource available for all of our group members! See you all very soon!

You Are Invited

Mindful Movement



UMASS
AMHERST Stroke Support Group

UMass Stroke Support Group Presents...

Mindful Movement

Sunday April 15th, 2018

University of Massachusetts
Student Union Ballroom

11:00 AM-2:00 PM

Join us at Mindful Movement, an inclusive event for Stroke survivors, caregivers and members of the local community. Learn about activities that promote mindfulness and decrease stress, and participate in a restorative chair yoga demonstration! Meet local businesses and individuals who provide support for mindfulness, healthy lifestyles and services for the entire family. Whether you're recovering from a stroke, injury, illness, or just want to reduce stress, we warmly invite you to get to know your surrounding community through relaxation and mindful movement.



Spread the Word!

Invite all your friends, family, and fellow stroke survivors to join the *Mindful Movement!*

PARKING FOR SSG MEMBERS

Tim has kindly offered to shuttle SSG Members and their guests from the Communication Disorders Building to the Student Union. Please feel free to park in your usual SSG Meeting spot where Tim will pick you up!

Parking:

Parking will be available at the UMass Amherst Campus Center Parking Garage. We suggest parking on the **2nd floor**. For driving directions to the Parking Garage, use the following address:

1 Campus Center Way
Amherst, Massachusetts

Proceed to the Event:

From the **2nd floor** of the Parking Garage, follow the signs to enter the main Campus Center Concourse:

- Take a **right** towards the Amazon pick-up store
- Take a **right** towards the Student Union (Bucci Hair Salon will be on your right)
- At the end of the hallway, take a **left**
- You **will** enter an atrium with elevators
- Take the elevator up one **floor** to the Student Union Ballroom

Healing Harmonics Choir

Have you been diagnosed with a neurological condition? Do you like to sing?
Come experience the therapeutic power of music in a singing group for
individuals with a neurological impairment.



WHO CAN PARTICIPATE?

This group is designed for individuals with diagnosed neurological conditions, particularly those experiencing communication problems due to voice, language, or speech disorders. Caregivers are also welcome to attend and participate. Some possible conditions may include:

- Parkinson's Disease
- Stroke
- Traumatic Brain Injury
- Progressive Supranuclear Palsy
- ALS
- Multiple Sclerosis

WHEN IS IT?

This group will meet for 6 weeks, on Wednesdays at 5:00 - 6:30pm, May 16 - June 20, 2018.

COST?

This group is free!

HOW DO I SIGN UP?

Please contact Lisa Sommers at 413-545-4010 for more information. Space is limited. Registration is required.

WHERE IS IT?

We will be meeting at the Center for Language, Speech and Hearing, at 358 North Pleasant St, Amherst MA 01002. Parking is adjacent to the building. Building and parking is handicapped accessible.