

# Stroke Support Group

358 North Pleasant Street, Amherst, MA 01002

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

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## Hello friends!

Members met this month to share book recommendations and reading tips. Also, a friend of the group suggested that members participate in some of the outdoor recreational activities offered by **All Out Adventures**—ideal for these beautiful summer days!

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## Audible

Audible is an app that allows you to listen to thousands of audiobooks on demand. With an intuitive interface and lots of listening options, this app is the preferred choice for millions of users. Download it now on the APP store or Google play.

## Upcoming Events

### Summer 2018

#### Saturday, August 4

SSG Meeting –  
10:30am

#### Saturday, September 8

SSG BBQ – 12pm



## All Out Adventures

Some members may remember **All Out Adventures** from our mindfulness event back in April.

Based in Northhampton, this business makes outdoor sporting equipment accessible for individuals with physical challenges.

Interested in learning more?

Contact Yvette at 413-768-0373 or [yls\\_127@hotmail.com](mailto:yls_127@hotmail.com)



NEW YORK TIMES BESTSELLER

*My*  
**STROKE**  
*of*  
**INSIGHT**



A BRAIN SCIENTIST'S  
PERSONAL JOURNEY

**JILL BOLTE TAYLOR, Ph.D.**

"Transformative...[Taylor's] experience...will shatter [your] own perception of the world." —ABC News

### Pulled from the Page:

"An attitude of gratitude goes a long way when it comes to physical and emotional healing." --Jill Bolte Taylor