

Virtual Madison-area

# Stroke and Aneurysm Support Group

This virtual support group is a way for people to connect with each other after having a stroke or aneurysm. Family, friends and caregivers are also welcome to join. These sessions are a way for you to help each other live your best lives. Open and honest discussions about recovery issues, roadblocks and solutions are the goal.

UW Health and UnityPoint Health - Meriter staff will be there to facilitate and answer questions, but the group belongs to the participants.

**When:** First Wednesday of each month

**2021 dates:** March 3 • April 7 • May 5 • June 2 • July 7

**Location:** WebEx

**Time:** 6 pm

## Topics include:

- Tips, tricks and recovery
- Regaining endurance
- Struggles and fatigue
- Returning to driving
- Changes in relationships
- Sharing experiences of recovery
- Sharing successes
- Giving encouragement
- Celebrating progress

## For more information:

Email Melanie McCauley at [mmccauley@uwhealth.org](mailto:mmccauley@uwhealth.org) or call (608) 264-4698.

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