

CMH in Partnership with The Pines invites you to:

Living Beyond a Stroke: Support for Caregivers & Stroke Survivors

Professionals & Experienced Caregivers will discuss topics including:

- Overview of Strokes
- Signs symptoms & types
- Adaptive Equipment and uses of
- Coping Skills- Caregiver Burn-Out
- Open Forum-Sharing Ideas & Thoughts
- Available Resources

All are **Welcome!** Join us at our next meeting:

Wednesday October 11, 2017 @ 3PM at
The Pines at Catskill
154 Jefferson Heights
Catskill, NY 12414

To learn more or RSVP, call The Pines (518)943-5151

