

2017 Stroke Support Group Calendar

Held the 3rd Tuesday of each month from 4:00 - 6:00 pm unless otherwise indicated.

<p>January 17th - The resources of the Brain Injury Association</p> <p>Presented by Erin Hall, Director of Programs and Services at Brain Injury Association of NH</p> <p>bianh.org</p>	<p>The Brain Injury Association's mission is "To create a better future through brain injury prevention, education, advocacy and support." They do this by providing community education and assists individuals in accessing resources and programs in their area.</p>
<p>February 21st - The resources of the American Stroke Association</p> <p>Presented by Nancy Vaughan, Director of Government Relations (NH) for American Heart Association / American Stroke Association</p> <p>heart.org</p>	<p>The mission of the American Heart Association / American Stroke Association is "To build healthier lives, free of cardiovascular disease and stroke. That single purpose drives all we do. The need for our work is beyond question." They do this by providing public health education, treatment guidelines, advocacy, and educational resources.</p>
<p>March 21st - Music Therapy</p> <p>Presented by Caitlin Hyatt of MedRhythms</p> <p>medrhythmstherapy.com</p>	<p>Music therapy uses music and the therapeutic relationship to address physical, psychological, cognitive, and social functioning. It has been shown to reduce pain/discomfort, anxiety, stress and depression. Other benefits can include improved respiration, blood pressure, heart rate, and muscle tension.</p>
<p>April 18th - Stroke Prevention</p> <p>Presented by Christina Swanberry, RN, Stroke Program Coordinator at Concord Hospital</p>	<p>Christina Swanberry, RN, will review ways to greatly reduce the risk of stroke and a recurrent stroke.</p>
<p>May 16th - Coping with Emotional Changes After Stroke</p> <p>Presented by John Crampton, Neuro-psychological Consultant at Neurobehavioral Counseling, LLC in Concord.</p>	<p>John Crampton is a Licensed Mental Health Counselor specializing in psychological, neuropsychological, and behavioral services. As a Neuro-psychological Consultant, Dr. Crampton helps those with brain injury to cope with the resulting changes in mood and cognition.</p>
<p>June 20th - Nutrition Needs After a Stroke</p> <p>Presented by Diana Robinson, RD, LD, Dietitian at Hannafords, Concord.</p> <p>hannaford.com</p>	<p>Diana Robinson, RD, LD, will look deeper at how nutrition can reduce the risk of stroke / recurrent stroke as well as how to adjust your eating habits for your changing nutrition needs.</p>