

Stroke Support Group

You're invited to join Berger Health System along with stroke survivors, their family members, friends and/or caregivers to learn more about strokes, share experiences and gain inspiration to move forward after a stroke.

Septmeber 2, 2017
1:00 - 2:00 p.m.

Berger Hospital | Medical Office Building
Community Room
600 N. Pickaway St. | Circleville

Topic: Chair Yoga

Learning about yoga at our last meeting was such a hit, that we decided to continue the exploration for our next meeting!

Join us as we learn about the benefits of yoga practice for stroke survivors and practice a few beginner poses. No experience required to participate in this meeting.

To learn more about this event, please contact Elayna Richard, OTR/L
at 740.420.8223 or elayna.richard@bergerhealth.com.

