



2023

Stroke Support Group

SECOND THURSDAY OF EACH MONTH • 12:30PM

Month	Presentation	Presented By
January 12, 2023	Smoking Cessation	Laura Carrigan, RRT, NCTTP
February 9, 2023	Post Stroke Depression and Coping with Emotions	Felicia May APRN, ACNS-BC, SCRN
March 9, 2023	Long Term Care vs Home for a loved one after a stroke	Mike Martin, Visiting Angels
April 13, 2023	Advanced care planning (living Will, Surrogacy, durable power of attorney for health care, POLST/DNR's)	Monty M. Self, MDiv, HEC-C
May 11, 2023	Benefits of Exercise	Jeremy Ray, BS, CPT
June 8, 2023	What does Cryptogenic Stroke mean?	Lindsey Bourne, MNsc, APRN, AGACNP-BC, ANVC-BC
July 13, 2023	Lipids: What You Need to Know.	Lindsey Bourne, MNsc, APRN, AGACNP-BC, ANVC-BC
August 10, 2023	Brain Basics Preventing Strokes: Risk Factors for Strokes and treatment options	Kasey Grimmert, RN, BSN, SCRN
September 14, 2023	Levels of Stroke Certification for Hospitals and What does that mean?	Sharon K. Aureli, RN MSN SCRN CNOR RNFA CNL
October 12, 2023	Know the facts about stroke and how to recognize it, Time is your biggest enemy!	Mack Hutchison, MHA, FACPE
November 9, 2023	What Palliative Care has to Offer Stroke Survivors	Kyleigh Rollins, RN
December 14, 2023	Stroke Survivor Celebration and Holiday Party, Stroke Bingo and Mediterranean Diet with live cooking demonstration	Samantha Stadter, RDN, LD

In-Person Support Group

The Partnership for a
Healthy Arkansas

10117 Kanis Road
Little Rock, AR

Online Stroke Support Group

To Join, Visit: baptist-health.com/lrstrokesupport

OR



Scan to Join

OR

DIAL: (US) +1 608-618-4614
PIN: 406 371 024#



Baptist Health

For Questions or More Information Contact:
Stroke Transitions of Care Nurse at 501-202-1267