Redlands Community Hospital

Stroke Survivors Support Group

The Stroke Survivors Support Group is for individuals who have survived a stroke and their caregivers. The group will provide educational programs, group therapy, rehabilitation and self-help. The chance of meeting other stroke survivors or caregivers who understand what you are going through can help you in your journey to recovery.

Time:

10:00 A.M. the first and third Monday of the Month (1st meeting will be held on Monday March 5)

Location:

Redlands Community Hospital Conference rooms 1 & 2, located in the cafeteria 350 Terracina Blvd Redlands, CA 92373



- Sudden weakness or numbness of the face, arm or leg on one side of the body.
- Sudden dimness or loss of vision in one eye.
- Unexplained dizziness, unsteadiness or sudden falls.
 - Loss of speech or trouble understanding speech.
 - Sudden, severe headache.

IN A MEDICAL EMERGENCY CALL 911



For more information please contact
Redlands Community Hospital
Social Services Department
at: 909-335-5608