



1900 Columbus Ave.  
Bay City, MI 48708

# YOU ARE INVITED TO JOIN US

Register now and stop in for a presentation with time for questions and answers of a topic related to stroke. Guests are welcome to join you!

## MEETING DETAILS:

All meetings will be held at the Center for Rehabilitation (Building C), located on McLaren Bay Region's West Campus at 3190 E. Midland Road, Bay City, MI. Virtual option available. If interested in virtual program, please let us know upon registration and Zoom information will be sent to you.

Please RSVP by calling toll-free 1-877-411-2762 anytime or online at [www.mclaren.org/BayClasses](http://www.mclaren.org/BayClasses).

*There is no cost to participate in any of these programs.*



For more information on McLaren Bay Region's stroke center, scan the QR code and learn more.



# BAY AREA STROKE EDUCATION SERIES



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## MAY – AUGUST 2024

**WEDNESDAY, MAY 8, 2024**

**3:00 P.M. – 4:00 P.M.**

**“Stroke Risks and Prevention”**

*Speaker: Janice Baker, Nurse Practitioner, McLaren Bay Neurology*

A stroke interrupts blood flow to an area of the brain. Many stroke risk factors are lifestyle related, so everyone has the power to reduce their risk of having a stroke. More than 80% of strokes can be prevented. This topic will help you take action and lower your risk of stroke.

**WEDNESDAY, JUNE 12, 2024**

**3:00 P.M. – 4:00 P.M.**

**“It’s Cool to Eat Healthy”**

*Speaker: Aaron Mayfield, Executive Chef, Morrison Healthcare at McLaren Bay Region*

Hot summer eats that will take the stress out of cooking this summer.

**WEDNESDAY, JULY 10, 2024**

**3:00 P.M. – 4:00 P.M.**

**“Community Health Services & Resources”**

*Speaker: Laura Love, BS in Public Health, Community Health Education Specialist, McLaren Bay Region*

Join us for an interactive presentation to learn about ways to improve health and prevent disease, as well as learn about community health services offered through McLaren Bay Region. Discussion will also include resources found within our community.

**WEDNESDAY, AUGUST 14, 2024**

**3:00 P.M. – 4:00 P.M.**

**“Helpful Tips for Communicating with a Loved One After Stroke”**

*Speaker: Sarah Cullimore, M.S., CCC-SLP, McLaren Bay Region Inpatient Rehabilitation & McLaren Bay Special Care*

Communication related diagnoses are common following a stroke. Learn about specific diagnoses and strategies you can use to better communicate with your loved ones.