

# Regional Support Groups

Information | Inspiration | Support



## APRIL 2023

- **April 6:** Stroke Support Group – Post-stroke depression
- **April 12:** Cancer Support Group – Music therapy with Erin Baumler, music therapist
- **April 20:** Parkinson's Support Group – Parkinson's medications
- **April 27:** Alzheimer's/Dementia Support Group – Dementia vs. Alzheimer's with Martha Thormeier, neurology psychotherapist

## MAY 2023

- **May 4:** Stroke Support Group – Managing spasticity post-stroke
- **May 10:** Cancer Support Group – Mindfulness with Joni Erlewein, nurse practitioner
- **May 18:** Parkinson's Support Group – The latest news and research on Parkinson's with Dr. Ashok Sriram, neurologist
- **May 25:** Alzheimer's/Dementia Support Group – Music therapy with Anna Leestma, music therapist

## JUNE 2023

- **June 1:** Stroke Support Group – Nutrition with Emilie Klop, dietician
- **June 14:** Cancer Support Group – Nutrition with Bekah Ray, dietician
- **June 15:** Parkinson's Support Group – Nutrition with Emilie Klop, dietician
- **June 22:** Alzheimer's/Dementia Support Group – Nutrition with Emilie Klop, dietician

## JOIN US! All are welcome

Our regional support groups are for everyone, no matter your location!

**Tamarac Health and Wellness Center | Room 1 | 1401 W. Main St., Fremont**

Can't make it in person? Attend virtually! All support groups meet from 3:30 to 5 p.m.

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## Contact

If interested in joining virtually, please contact Shelly at 231.924.3275 or [michelle.klochack@corewellhealth.org](mailto:michelle.klochack@corewellhealth.org).