

September 23, 2016**For Immediate Release****Contact:** JoAnn Cavanaugh, Director Public Relations**Office:** (716) 706-2061 | **Cell:** (716) 228-4886 | **Email:** jcav@chsbuffalo.org

Catholic Health Sponsors Stroke Support Group at OLV Senior Neighborhood

To help area stroke patients live their highest quality of life, **Catholic Health is hosting a monthly Stroke Support Group meeting on Saturday, October 8 from 10 a.m. – 12 noon at the OLV Senior Neighborhood Community Room, 55 Melroy Avenue in Lackawanna.** The topic for this month's program is *Laughter Yoga – Feel the Difference*.

Certified Laughter Yoga Leader, Don Dehoff, will share instruction and insight into this healing practice, which has been shown to provide physiological and psychological benefits, including improved cardiovascular health and mood. They say laughter is the best medicine. Laughter yoga will leave you feeling uplifted and energized, yet calm and peaceful.

Attendance is free and open to recently diagnosed stroke patients, long-term stroke survivors and caregivers. In addition to the group discussion, the meeting offers information on community resources for stroke patients. Free parking is available and light refreshments will be served. For more information, or to register, call Catholic Health's HealthConnection at 447-6205 or visit chsbuffalo.org/events.

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