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For Immediate Release

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Catholic Health Offers Stroke Support Group at Kenmore Mercy Hospital in December

To help area stroke patients live their highest quality of life, Catholic Health is offering quarterly Stroke Support Group meetings at Kenmore Mercy Hospital.

“Dealing with the Holidays” will be the topic of the next meeting, being held on Thursday, December 7 from 10 a.m. – noon in the Medical Rehabilitation Dining Room on the second floor, 2950 Elmwood Avenue in Kenmore.

The holiday season often brings unwelcome guests — stress and depression. **Rev. Nancy Faery, MDIV, BCC-HPCC, C-MI**, will provide some tips to help deal with the dizzying array of demands and keep the holidays from taking an emotional toll on you.

Attendance is free and open to recently diagnosed stroke patients, long-term stroke survivors, family members and loved ones. Each meeting includes a guest speaker discussing topics of interest to stroke survivors and their caregivers, including information on available community resources.

The Catholic Health Stroke Support Group offers a relaxed and supportive environment for individuals and families to learn more about available community resources for stroke patients. Free parking is available and light refreshments are served. For more information, or to register for a meeting, call Catholic Health’s HealthConnection at 447-6205 or visit chsbuffalo.org/events.

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