



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.

Please RSVP by calling toll-free 1-877-411-2762 anytime or online at 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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JANUARY – APRIL 2024

WEDNESDAY, JANUARY 10, 2024

3:00 P.M. – 4:00 P.M.

3 Foods to Start Enjoying That Can Improve Your Cholesterol Levels

Speaker: Nina Preston, RDN, McLaren Bay Region Clinical Dietitian

Focusing on foods we can add into our daily routine will result in more sustainable changes! There are 3 types of foods we can eat more of to help lower “bad” cholesterol and increase our “good” cholesterol.

WEDNESDAY, FEBRUARY 14, 2024

3:00 P.M. – 4:00 P.M.

Physical Activity and Exercise After Stroke

Speaker: Chuck Cusick, Personal Fitness Instructor

Physical activity after stroke can improve cardiovascular fitness, walking ability, and upper arm strength. Research suggests that exercise may improve depressive symptoms, cognitive function, memory, and quality of life after stroke. Learn about exercise after a stroke, for people of all physical abilities.

WEDNESDAY, MARCH 13, 2024

3:00 P.M. – 4:00 P.M.

Stroke & Sleep Apnea: More Common Than You Think

Speaker: Board certified sleep specialist provided by the McLaren Bay Sleep Center

More than 12 million Americans have sleep apnea, many remaining undiagnosed and untreated. Most associate sleep apnea with snoring, but did you know that sleep apnea is a recognized risk factor for stroke? Some studies suggest that nearly 72% of people who suffer a stroke or mini-stroke have obstructive sleep apnea.

WEDNESDAY, APRIL 10, 2024

3:00 P.M. – 4:00 P.M.

Managing Your Prescription Medications

Speaker: Haley Gorski, PharmD, Clinical Pharmacy Specialist, McLaren Bay Region

If you've had a stroke, you have approximately a 25%-35% chance of having a second one. Your doctor will use medication to lower those odds. Filling or refilling prescriptions on time and taking medications on schedule or as prescribed are key to managing your health and preventing another stroke.