

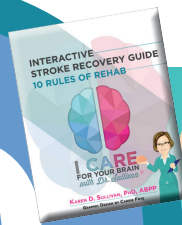
*You're invited!*

# STROKE RECOVERY GROUP

*with Dr. Sullivan*

# 10

**RULES OF REHAB**



A NEW and Unique Stroke Recovery Group led by  
Karen D. Sullivan, Ph.D., ABPP, board certified neuropsychologist and  
author of the I CARE FOR YOUR BRAIN Interactive Stroke Recovery Guide.

## OCTOBER 2019-JULY 2020

CLARA MCLEAN HOUSE | 20 FIRST VILLAGE DRIVE | PINEHURST

Open to All Stroke Survivors in All Stages of Recovery

*This group is offered to you at no cost by the generous support of*

THE FOUNDATION  
of

# **First**Health

Every brain is different, and every stroke is different, so it makes sense that every stroke recovery will be different. This is why Dr. Sullivan searched through decades of research on stroke recovery to pinpoint these 10 Rules of Rehab. The Stroke Recovery Group centers on these 10 rules, once learned and used in daily life, can carry you to the best recovery – no matter what symptom you are working through. The information learned in the Stroke Recovery Group will help you personalize the knowledge learned, make the information specific to your stroke symptoms, process your unique stroke-related trauma and guide you to the **VERY BEST** recovery you can achieve.

### THE STROKE RECOVERY GROUP INCLUDES:

- The highest-quality information on brain recovery known to the most brilliant neuroscientists in the world but communicated in a way that anyone can understand;
- Evidence-based strategies for healing both neurological and emotional trauma;
- Personalized support tools to identify recovery goals, track progress as well as stay motivated, focused and positive; and
- Empowerment tools to become an assertive advocate for the care every stroke survivor deserves.



# Why ATTEND?

- Learn Dr. Sullivan’s 10 Rules of Rehab and how to apply them
- Links to community resources to support your best recovery
- Support from others walking in your same shoes
- Positive environment that helps you keep a good attitude

STROKE RECOVERY GROUP MEETS MONTHLY OCTOBER 2019-JULY 2020

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OPEN TO ALL STROKE SURVIVORS, ATTEND ANY OR ALL SESSIONS

## MONTHLY TUESDAY MEETINGS FROM 1-2:30 P.M.

October 15	Rule 1: <b>MAKE YOUR MAP</b>
November 12	Rule 2: <b>BUILD ON WHAT’S FAMILIAR</b>
December 17	Rule 3: <b>REPETITION AND CONSISTENCY</b>
January 14, 2020	Rule 4: <b>HARNESS YOUR CREATIVE POWER</b>
February 11	Rule 5: <b>PRIORITIZE SLEEP</b>
March 17	Rule 6: <b>INCREASE YOUR EMOTIONAL RESILIENCE</b>
April 14	Rule 7: <b>SUPPORT THOSE WHO SUPPORT YOU</b>
May 12	Rule 8: <b>ACKNOWLEDGE YOUR TRAUMA</b>
June 16	Rule 9: <b>INSIST ON FOLLOW-UP CARE</b>
July 14	Rule 10: <b>THE TRANSFORMATIONAL POWER OF ACCEPTANCE</b>

**FOR MORE INFORMATION, CONTACT:  
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