

Patients Like Me

SUPPORT GROUP

• **SAVE THE DATE** •

SECOND THURSDAY OF THE MONTH (MARCH-OCTOBER)

2:00 p.m.

GCH Fitness Center – 710 N. 12th Street, Guthrie Center

This support group has been established for people in the community affected by neurological/movement challenges to provide support while also providing education on a wide variety of resources.

Care partners, family members, and friends are all welcome to attend.

A short exercise session, lead by a licensed therapist, will start each group meeting that will be modifiable to all activity levels. Education and discussion will take place after.

There will be light snacks, coffee & water.



An Affiliate of  UnityPoint Health

For information, contact GCH Rehab Services at (641) 332-3810.