



Get Involved.

Join our programs.

Open to survivors, caregivers, and families seeking education and community.

Volunteer.

Support events, programs, and outreach efforts in your community.

Donate.

Your support fuels education, survivor care, and stroke prevention efforts. Donations are tax-deductible.



“After my stroke, I didn’t just need medical care, I needed people who understood. A Stroke of Grace gave me that.”

**Katie B., Stroke Survivor,
Indiana**

www.AStrokeOfGrace.org

Stroke hits Black communities harder. We are changing that.

Education. Support. Advocacy.



Black Americans are nearly 50% more likely to experience a stroke and more likely to suffer long-term disability.

www.AStrokeOfGrace.org

Take the Next Step!

If you or someone you serve has been impacted by stroke, we are ready to walk alongside you.



 502-276-5505

 www.AStrokeOfGrace.org

Healing happens in community.
You belong here.



Why A Stroke of Grace Exists

STROKE CONTINUES TO DISPROPORTIONATELY IMPACT BLACK COMMUNITIES, OFTEN AT YOUNGER AGES AND WITH FEWER RECOVERY RESOURCES.

We exist to:

- Address stroke disparities with culturally responsive education
- Support survivors beyond the hospital walls
- Create safe spaces for healing, connection, and advocacy

RECOVERY IS NOT JUST MEDICAL, IT IS PERSONAL, COMMUNAL, AND ONGOING.



“Healing does not happen alone. It happens together.”
- Dr. Christine Cosby-Gaither, Founder

How We Support Our Community

PREVENTION & EDUCATION

- Stroke warning signs and BEFAST education
- Hypertension and lifestyle workshops
- Community-based stroke prevention programs

SURVIVOR SUPPORT

- Survivors Supporting Survivors support groups
- Peer connections and shared experiences
- Guidance for navigating life after stroke

ADVOCACY & EMPOWERMENT

- Education on health equity and disparities
- Survivor-centered advocacy and awareness



Our Impact

- Serving Black stroke survivors and families across multiple states
- Providing accessible virtual and community-based programming
- Centering lived experience, culture, and compassion in care

WE MEET SURVIVORS WHERE THEY ARE AND WALK WITH THEM FORWARD.

Our impact is rooted in education, strengthened by community, and sustained through advocacy.

Why Choose A Stroke of Grace?

- ✓ **Access That Meets People Where They Are**
Through virtual programming, community partnerships, and education-first outreach, A Stroke of Grace removes barriers to information, connection, and support for those most affected by stroke.
- ✓ **Education That Saves Lives**
We translate complex stroke information into clear, actionable education that individuals and families can use immediately, from recognizing warning signs to reducing preventable risk factors.
- ✓ **Led by Lived Experience**
Our programs are informed by stroke survivors, guided by community voices, and grounded in real-life journeys.