



Join Us!



Wednesday
January 11, 2023
7:00 - 8:00pm CST

The Stroke Learning Group welcomes Occupational Therapist Sarah Zera.

Sarah will be providing strategies for staying healthy and active doing the activities that mean the most to you!

Click [here](#) to join the Presentation!

Winter Tips - Boost Your Well Being!

With the sun setting earlier and the outdoors getting colder during the winter months, it's understandable to want to watch television while curled up on the couch, under a blanket.

Here are a few simple tips to boost wellbeing, while staying warm and safe.



Brain Games

Playing brain games (trivia, crossword puzzles, Sudoku, matching, memory) helps stave off memory loss and stimulate mental function.

Linking questions and



Keep Moving

Stroke is a cardiovascular event. Moving more gives



Heart-Healthy Food

February is American Heart Month, now is a great time to focus on a heart-healthy diet.

Foods rich in nutrients aid in maintaining heart

answers promotes activity changes in parts of the brain. Brain games are also fun and a great way to socially engage with others.

Memory games help the recalling of facts and keeping the mind sharp.

Try a new or different **Brain Game** featured on the SSEEEO website.

you a lifestyle associated with fewer risk factors for stroke.

Being more active does not mean you have to go to the gym, being active is more about manageable physical activity – each person is different. Starting small with success can be a motivator to keep on moving.

Listen to the SSEEEO podcast **Stroke & Exercise** to learn how to keep moving after a stroke.

health.

Choosing whole grains, eating a variety of fruits and vegetables, and reducing sodium is proven to positively impact heart health.

Learn more healthy nutritional tips by listening to the SSEEEO podcast

Stroke and Nutrition, Go Further with Food

Caregivers Corner

SSEEEO provides many resources for stroke survivors and their families.

Read this testimonial describing how SSEEEO has helped another caregiver provide the support their loved one needs.

“I hope you are doing well. I wanted to follow up to your email with my thanks (caregivers resources). The information on the SSEEEO site is indeed helpful. I'm glad to know about it for my family, but I know a lot of people who have family members with strokes so it's a good resource I can share with them as well. I hope you have a nice holiday season!”

-Chad (caregiver)

Discover more caregiver resources [here](#).

Caring for a loved one after a significant life event is...
an honorable task many people take on each day.

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