



2025 STROKE SUPPORT GROUP

Meetings take place EVERY 2nd Thursday @ 3:00p.m.

Month	Presentation	Presented By
January 9th	Women and Stroke	Kasey Grimmert , RN, BSN, SCRNP, ASC-BC, NVRN-BC, BHMC LR Stroke Coordinator
February 13th	Daily Stroke Tasks: blood sugar, blood pressure diary, meal planning	Samantha Stadter , RDN, Community Education Dietician
March 13th	Overview of Stroke Medications: Over the Counter & Prescriptions	Sarah Steely , PharmD BCPS, BHMC NLR
April 10th	Beyond the Blues: Navigating Mood and Depression After a Stroke	Felicia May , APRN, ACNS-BC, SCRNP
May 8th	Celebrating Stroke Awareness Month. On sight Craft and Games	Natalie Labit , LPN, Stroke Transition of Care Coordinator
June 12th	Sex and Intimacy after a Stroke	Natalie Labit , LPN - Slide presentation Provided by Alex Terill , PhD, Clinical Psychologist, Associate Professor, Craig H. Nielsen Rehabilitation Hospital Director of Stroke Rehabilitation Research, Department of Physical Medicine and Rehabilitation, and Department of Occupational and Recreational Therapies
July 10th	Therapy after a Stroke	Jessica Choate , PT, DPT, CBIS and Kim Roberts , PT
August 14th	Life After A Stroke	Natalie Niekro , Manger - Patient Focused Programs, Penumbra, Inc., The Niekro Foundation (Founder)
September 11th	Strange Stroke Presentations and BEFAST	Sarah Lanius , BSN, RN, CCRN, ASC-BC, BHMC NLR Stroke Coordinator
October 9th	How the Brain is RETRAINED after a Stroke	Stephanie Warner , OTR/L Lauren Wells , OTR/L, BHMC LR Outpatient Therapy
November 13th	Caregiving	Jennifer A. O'Brien , MSOD (Open Discussion for Survivors and Caregivers)
December 11th	Stroke Survivor Celebration and Holiday Party. Food and Games with Prizes	Natalie Labit , LPN, Stroke Transition of Care Coordinator

**Baptist Health Medical Center
Stroke Support Group 2025**

2nd Thursday of the Month from 3-4pm
Baptist Health Community Outreach Building
10117 Kanis Road • Little Rock, AR 72205

Online Stroke Support Group



Scan to Join



DIAL: (US) +1 470-241-4690
PIN: 884 318 175#

To Join, Visit:

baptist-health.com/services/neuroscience/stroke/stroke-support/



Baptist Health

For Questions or More Information Contact:
Stroke Transitions of Care Nurse at 501-202-1267