

# HAVE YOU OR SOMEONE YOU KNOW SUFFERED A STROKE?

## MEETINGS:

Every 2nd Monday of the  
month

At San Martin de Porres  
Family Life Center

7p.m.



## EVENTS:

Speech Therapy

Strength Training

Tennis

Art

Music

Biking

Life skills

**All stroke survivors,  
family and caregivers  
are welcome to attend.**

**Share your story,  
encourage others and  
learn from informative  
speakers!**

**All meetings and Events  
are FREE to the public.**

Follow us on Facebook: **Laredo Stroke Support Group**  
Look for us on the Web: **[laredostrokesupport.com](http://laredostrokesupport.com)**

### **Contact us:**

Paola Huerta **956 337-0146**  
Deedee Hrncir **956 286-0641**  
Bill Hrncir **956 763-6132**