

Strengthen
the body, mind,
and spirit through
physical exercise,
mental exercise,
and most importantly,
socialization.



Stroke Survivor ConnectionSM

For more information call or e-mail us:

412.937.8350
info@healthhopenetwork.org



HEALTH HOPE NETWORKSM
A Commitment to Health, A Legacy of CareSM

formerly Visiting Nurse Foundation

Two Parkway Center, Suite 101
Pittsburgh, PA 15220-3702
www.healthhopenetwork.org

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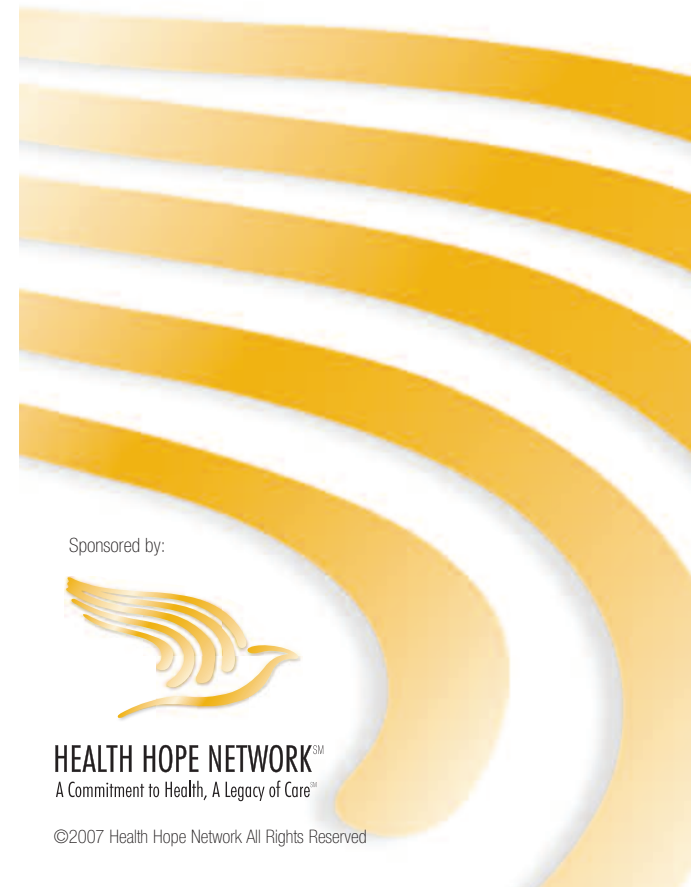
Health Hope Network
United Way Contributor Choice #3964

SSCP
United Way Contributor Choice #1452036

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Stroke Survivor ConnectionSM



Sponsored by:



HEALTH HOPE NETWORKSM
A Commitment to Health, A Legacy of CareSM



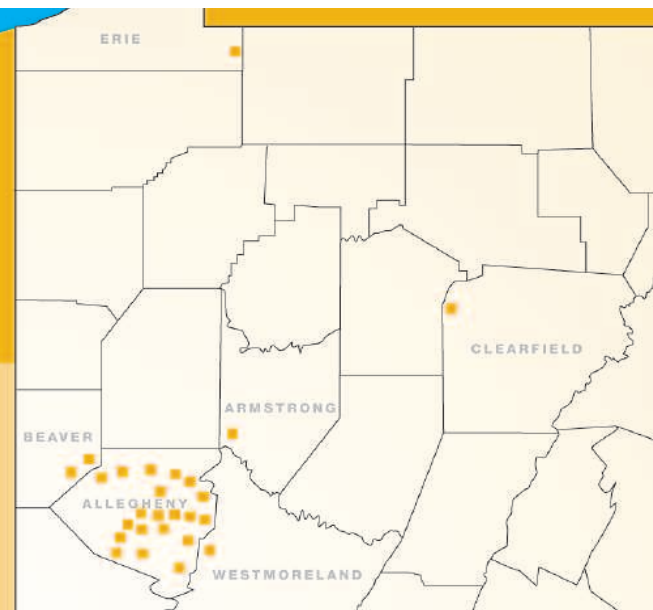
Stroke Survivor ConnectionSM

>> A stroke occurs every 45 seconds resulting in a death every three minutes. Stroke is the third leading cause of death in the United States and a leading cause of serious, long-term disability in adults.

The Stroke Survivor Connection program, sponsored by Health Hope Network (formerly Visiting Nurse Foundation), provides support for stroke survivors and their families. For three hours once a week, stroke survivors and their caregivers meet with qualified group leaders to strengthen the body, mind, and spirit through physical exercise, mental exercise, and socialization. The shared friendships, support, understanding, and caring they receive is invaluable.

This program is completely free of charge for any stroke survivor, but depends on support such as yours to continue to be successful. For more information, please call 412.937.8350 or visit www.healthhopenetwork.org.

Health Hope Network is our new name, but the organization will continue the tradition of our caring roots and the spirit of the services we provide.



HEALTH HOPE NETWORK—STROKE SURVIVOR CONNECTION GROUPS AND LOCATIONS

ALLEGHENY COUNTY

BETHEL PARK

Life Span Senior Center @ Bethel Park Community Center
Tuesdays: 9:30 a.m. – 12:30 p.m.
Group Leader Keith Schardt/412.531.2952

DORMONT

Dormont Presbyterian Church
Wednesdays: 10:00 a.m. – 1:00 p.m.
Group Leader Keith Schardt/412.531.2952

EAST LIBERTY

Vintage Adult Day Services
Tuesdays: 1:00 p.m. – 3:00 p.m.
Group Leader Peter Perrier/412.716.6961

Vintage Senior Center
Mondays: 11:30 a.m. – 2:30 p.m.
Group Leader Penny Locke/412.825.4216

ELIZABETH

Round Hill Presbyterian Church
Thursdays: 11:30 a.m. – 2:30 p.m.
Group Leader Penny Locke/412.825.4216

FOX CHAPEL

Fox Chapel Presbyterian Church
Tuesdays: 10:30 a.m. – 1:30 p.m.
Group Leader Mary Kautz/412.795.4206

FRANKLIN PARK

St. Brendan's Episcopal Church
Tuesdays: 10:00 a.m. – 1:00 p.m.
Group Leader Susan Keay/412.364.6490

GREEN TREE

Green Tree Fire Hall
Tuesdays: 10:30 a.m. – 1:30 p.m.
Group Leader Janet Coyle/412.884.7520

HARMARVILLE

HealthSouth
Wednesdays: 10:30 a.m. – 1:30 p.m.
Group Leader Nicole Glass/412.915.8193

HOMEWOOD

Homewood Senior Center
Tuesdays: 11:00 a.m. – 2:00 p.m.
Group Leader Thomas Bellucci/412.466.6061

MONROEVILLE

Independence Court
Fridays: 1:00 p.m. – 3:00 p.m.
Group Leader Bernice Berg/412.793.1887

Monroeville Senior Center
Thursdays: 12:00 p.m. – 3:00 p.m.
Group Leader Mary Kautz/412.795.4206

NORTH HILLS

Cumberland Crossing
Tuesdays: 9:00 a.m. – 11:00 a.m.
Group Leader Elaine Cohen/412.364.8484

Kearns Spirituality Center
Mondays: 11:00 a.m. – 2:00 p.m.
Group Leader Elaine Cohen/412.364.8484

NORTH SHORE

West Park Court
Thursdays: 11:00 a.m. – 2:00 p.m.
Group Leader Elaine Cohen/412.364.8484

PENN HILLS

Mt. Hope Community Presbyterian Church
Wednesdays: 11:00 a.m. – 2:00 p.m.
Group Leader Bernice Berg/412.793.1887

PLUM

Plum Senior Center
Thursdays: 11:30 a.m. – 2:30 p.m.
Group Leader Kathleen M. Salvo/724.325.3498

SEWICKLEY

St. Stephen's Episcopal Church
Wednesdays: 10:00 a.m. – 1:00 p.m.
Group Leader Bonnie Mewherter/724.378.7206

SPRINGDALE

Springdale Borough Building
Mondays: 11:30 a.m. – 2:30 p.m.
Group Leader Kathleen M. Salvo/724.325.3498

SQUIRREL HILL

Jewish Community Center
Tuesdays: 10:30 a.m. – 1:30 p.m.
Group Leader Kathy Krause/412.422.0415

Jewish Community Center
Thursdays: 10:30 a.m. – 1:30 p.m.
Group Leader Kathy Krause/412.422.0415

TURTLE CREEK

Turtle Creek Senior Center
Fridays: 11:30 a.m. – 2:30 p.m.
Group Leader Penny Locke/412.825.4216

UPPER SOUTH SIDE

Henry Kaufmann Neighborhood Center
Tuesdays: 10:00 a.m. – 1:00 p.m.
Group Leader Amy Carlson Miesel/412.561.0236

UPPER ST. CLAIR

Westminster Presbyterian Church
Wednesdays: 11:00 a.m. – 2:00 p.m.
Group Leader Mindy Spitzer/412.854.4416

ARMSTRONG COUNTY

KITTANNING

ACMH Hospital
Tuesdays: 9:30 a.m. – 12:30 p.m.
Group Leader Becky DeSantis/724.543.8837

BEAVER COUNTY

CONWAY

Conway Presbyterian Church
Wednesdays: 11:30 a.m. – 2:30 p.m.
Group Leader Linda Taylor/724.774.1771

MONACA

Monacathootha Apartments
Mondays: 11:00 a.m. – 2:00 p.m.
Group Leader Bonnie Mewherter/724.378.7206

CLEARFIELD COUNTY

DUBOIS

DuBois Regional Medical Center
Mondays: 1:00 p.m. – 4:00 p.m.
Group Leader Kim Sleigh/814.375.3054

ERIE COUNTY

CORRY

Corry Memorial Hospital
Tuesdays: 2:00 p.m. – 5:00 p.m.
Group Leader Maris Hanby/814.438.2615

WESTMORELAND COUNTY

HARRISON CITY

Community United Methodist Church
Thursdays: 11:00 a.m. – 2:00 p.m.
Group Leader Jean Dasnich/724.953.2293