

# Stroke Club

## Share Your Experiences, Make Supportive Friends, Learn New Skills

Valley Medical Center is host to the most active Stroke Club in the Puget Sound region. The Stroke Club is a support group designed for stroke survivors, their family members and caregivers. Monthly meetings include gathering for snacks, sharing experiences, making supportive friends and learning new skills.

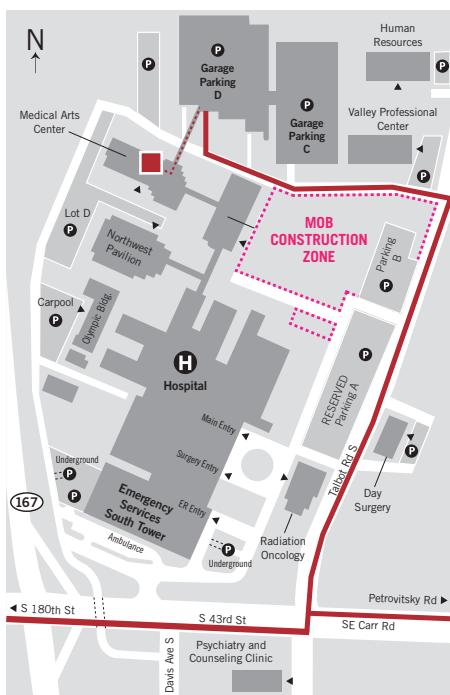
**QUESTIONS? Email [StrokeCenter@valleymed.org](mailto:StrokeCenter@valleymed.org) or call 425.656.5566, option 1.**

**Where:** VMC's Medical Arts Center  
1st floor, Conference Room C  
4033 Talbot Road South, Renton

**When:** Second Tuesday of the month, 6 PM

**Bring:** Yourself, your sense of humor, questions and a snack item to share

**Driving directions:**  
From S. 43rd St. or SE Carr Road, drive north on Talbot Road. Take the 3rd entryway into the hospital campus and park in Garage D, 3rd floor if available. Walk through the 3rd floor skybridge to the Medical Arts Center. Take the elevator to the first floor. Conference Room C is at the end of the hall on the right.



## Rehabilitation Services

UW Medicine | VALLEY MEDICAL CENTER