



**COUNTY OF BERGEN
DEPARTMENT OF HUMAN SERVICES
DIVISION OF DISABILITY SERVICES**

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POST STROKE AND DISABLED ADULT SUPPORT GROUP PROGRAM

Program Description: The Post Stroke and Disabled Adult Support Group Program sponsors three (3) support groups that meet weekly. Program functions include socialization; group discussions; activities geared to promote personal fitness; arts & crafts; ceramics; trivia games; exercises; physical therapy (limited); music & reminiscence sessions; guest speakers; and occasional leisure (i.e., recreational) outings. There is no fee charged to participate.

Location, Days, & Time of Support Group Meetings:

- ENGLEWOOD** Friday, 9:30 AM - 12:30 PM, Englewood Public Library, MacKay Rm., 31 Engle St. Englewood, NJ
- ENGLEWOOD** **MS** Support Group 3RD Saturday (of each month) 10:00 AM – 12:00 PM, Ebenezer Baptist Church, 216 4th St, Englewood.
- MIDLAND PARK** Wednesday, 10:00 AM - 12:00 PM, Bergen County Northwest Senior Activity Center, 50 Center St., Midland Park.

How to Apply: If interested in joining one of the groups, please contact Daniel S. Kotkin at (201) 336-6504 for further information.

