



# Let's Be Stroke Stars Together



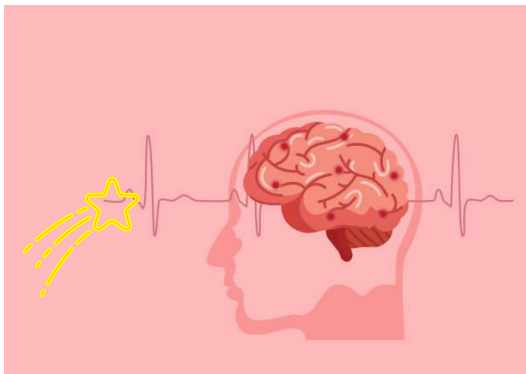
- S - Set Your Goals.
- T - Take Your Time.
- R - Recognise Your Milestones.
- O - Observe Your Success.
- K - Keep On Track.
- E - Enjoy Your Journey.

"You don't have to see the whole staircase, just take the first step." The stroke recovery process can feel overwhelming sometimes, so don't focus on the whole thing.



**Sevenoaks Community  
Centre, Hobart Place,  
Blackpool  
FY5 3DQ**

**Next session  
Monday 13<sup>th</sup> May and then  
Fortnightly  
1pm until 2.30pm**



**Peer support group for stroke survivors and  
their carers.**