

# IMPROVING LIFE AFTER STROKE

## Taking Positive Steps



**If you or a loved one has had a stroke, you won't want to miss this FREE new workshop designed to help stroke survivors live a better life.**

*Improving Life after Stroke* is a half-day session for people who have had a stroke and their families that will focus on real-world practical ideas for the financial, physical and emotional aspects of stroke recovery.

**Saturday, November 3, 2012**

8:00 a.m. - 2:00 p.m.

Doors open at 7:30 a.m. (continental breakfast and lunch provided)

**Marriott West, Monona Room**  
1313 John Q. Hammons Drive, Madison, WI  
(free parking)



**UW**Health

## Topic Areas:

### Optimizing Functionality:

Kristin Caldera DO, Assistant Professor, Physical Medicine and Rehabilitation, UW Hospital and Clinics

This session focuses on helping patients function at the highest level within their stroke-related limits. The emphasis is on creating the best quality of life so patients can return to home, family, work, school and community activities.

### Emotional Health for your New Norm:

Lynnda Zibell-Milsap MS, RN, PMH, CNS-BC, Senior Clinical Nurse Specialist, Psychiatric Liaison, UW Hospital and Clinics

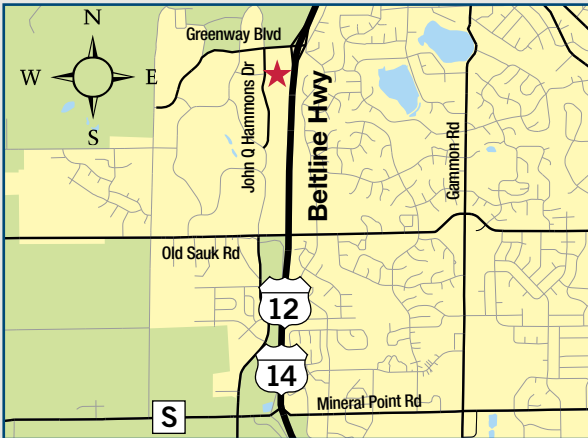
Life after a stroke has risks of depression, mood changes and anxiety. This presentation will identify the most common issues and share ideas for coping, adapting and building a strong emotional core.

### Knocking Down the Wall of Paperwork:

Parini Tolat, MSW, Clinical Social Worker, Coordinated Care, UW Hospital and Clinics

Helping you get through the maze of community resources, insurance, disability and other processes is the goal of this workshop. Learning about these often confusing areas will lead to a more effective way of handling these important elements of your care.

**During and after lunch, there will be a chance to connect one-on-one with our speakers and members of UW's stroke program. We want to make sure everyone leaves with their questions answered.**



**Please join us for a FREE day of information and help.**

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Monona Room**

**1313 John Q. Hammons Drive,  
Madison, WI**

**(Free parking. Use either the main entrance or the door to the left of the main entrance on the north side of the building.)**

**Space is limited and registration is required.**

Please register by calling Pam Helder at (608) 263-5625 or by sending an e-mail to [phelder@uwhealth.org](mailto:phelder@uwhealth.org)

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