



UNITED
STROKE
ALLIANCE



Community

Facebook LIVE & ZOOM Event Schedule AUGUST

DATE	TIME	TOPIC
Sat, August 1	10:00am CT	ZOOM: Safety, Handling, & Transfers for Caregivers Julia Volk, <i>SPT</i> <i>*Please email info@strokecamp.org for ZOOM link if interested in this session.</i>
Sun, August 2	3:00pm CT	ZOOM: Adapting your Life at Home as a Stroke Survivor to Regain Independence and Improve Quality of Life Abby Hill, <i>Student at Rosalind Franklin University</i> <i>*Please email info@strokecamp.org for ZOOM link if interested in this session.</i>
Mon, August 3	5:00pm CT	FB LIVE: Crafting with Perler Beads Kelly Schneider, <i>USA Staff</i>
Tues, August 4	1:00pm CT	ZOOM: Stroke Survivor Chorus Caitlin Hebb, <i>MT-BC with MEDRhythms</i> <i>*Please email info@strokecamp.org for ZOOM link if interested in this session.</i>
Wed, August 5	4:00pm CT	FB LIVE: Let's Make Cheese Boards Marylee Nunley, <i>USA Founder & Director</i>
Fri, August 7	9:30am CT	FB LIVE: Thoughts for Survivors and Caregivers Marylee Nunley, <i>USA Founder & Director</i>
Mon, August 10	5:00pm CT	FB LIVE: *SPECIAL GUEST—Cooking Garden Fresh Creations Katie Lemkemann, <i>RN at OSF St. Francis & Trained Chef</i>
Wed, August 12	4:00pm CT	FB LIVE: Tye Dying Face Coverings Marylee Nunley, <i>USA Founder & Director & Grandkids</i>
Fri, August 14	9:30am CT	FB LIVE: *SPECIAL GUEST—In the Vegetable Garden with Genny Marylee Nunley, <i>USA Founder & Director & Genny Gibbs, Horticulturist</i>
Mon, August 17	5:00pm CT	FB LIVE: *SPECIAL GUEST—What You Should Know About Insurance Kelly Schneider, <i>USA Staff</i> & Nik Adams, <i>Life Insurance Agent at Marco Wealth Management</i>
Tues, August 18	1:00pm CT	ZOOM: Chair Yoga Kyle Wilhelm, <i>USA Staff</i> & Tami Aspeitia-Mastriona, <i>Life Coach & Yoga Instructor</i> <i>*Please email info@strokecamp.org for ZOOM link if interested in this session.</i>
Wed, August 19	4:00pm CT	FB LIVE: Back to School Interview Marylee Nunley, <i>USA Founder & Director & Grandkids</i>
Fri, August 21	9:30am CT	FB LIVE: *SPECIAL GUEST—Heating & Air Conditioning Marylee & Mike Hamilton, <i>Service Manager/Commercial Sales for Standard Heating & Cooling in Peoria, IL</i>
Mon, August 24	5:00pm CT	FB LIVE: Baseball Party! Marylee Nunley, <i>USA Founder & Director</i>
Wed, August 26	4:00pm CT	FB LIVE: About the Zoom Meeting Marylee Nunley, <i>USA Founder & Director</i>
Fri, August 28	9:30am CT	FB LIVE: *SPECIAL GUEST—Benefits of Massage Therapy with a focus on Reflexology Marylee Nunley, <i>USA Founder & Director</i> & Terry Rosen, <i>BCTMB, LMT, Healthcare Massage Specialist</i>
Mon, August 31	5:00pm CT	FB LIVE: Ways to Relax Kelly Schneider, <i>USA Staff</i>

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