

American Heart/Stroke Association *Saving Strokes - golf clinic for Stroke survivors*

DATE: Wednesday, September 7, 2016

PLACE: Los Lagos Golf Course
2995 Tuers Road
San Jose, CA 95121

TIME: 10:00am – 2:00pm



WHAT IS SAVING STROKES?

Saving Strokes is a program of the American Heart/Stroke Association. It is a free golf clinic for stroke survivors in all stages of recovery.

WHAT IS THE PURPOSE OF SAVING STROKES?

To provide a platform for community stroke awareness and provide stroke survivors with an opportunity to improve their strength and flexibility by adding golf to their rehabilitation activities.

WHAT DOES THE PROGRAM LOOK LIKE?

On September 7, 2016, Los Lagos Golf Course will host the Tenth Annual Saving Strokes Program in San Jose. Each participant will be evaluated by an occupational or physical therapist upon arrival as well as have their blood pressure taken by a nurse. They will then begin 30 minutes of individual golf instruction or have the opportunity to play 3 holes. Adaptive golf equipment will be available as needed. Caregivers will also have the opportunity for a golf lesson.

Lunch follows with an inspirational talk from a stroke survivor.



For more information, please contact:

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