

# In Person Stroke Support



All are Welcome



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Fond du Lac County

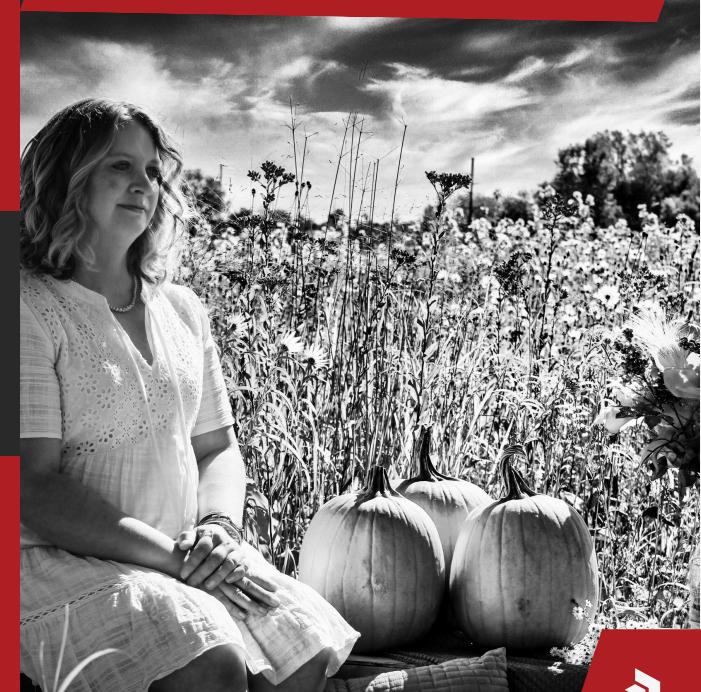
## Katie Gregory

Stroke Support  
Leader/Volunteer



My journey started on November 1, 2024 when I had two strokes at the age of 43. It changed my life and my kids lives forever. I am no longer the person I used to be.

Stroke Support



**Don't feel alone in your journey!**

# About Me

At the age of 43 while training for my first full marathon, I was taken to my local emergency room after vomiting and feeling like I had a sharp knife in my head for 3 days. After a CT Scan was performed I was rushed via ambulance to a neuro ICU due to a brain bleed. I learned then that I had suffered an ischemic stroke and hemorrhagic stroke.

## In Person Stroke Support

Every 1<sup>st</sup> Thursday of the Month

Fond du Lac Senior Center  
151 E. First Street Room 1  
Fond du Lac, WI 54935  
5:30pm

### All Are Welcome

- Survivors
- Caregivers
- Family Members
- TBI Survivors
- Medical Professionals



No Registration Required

I look forward to meeting you and know that this is a safe space.

About This Group



- Safe space to share your journey
- Judgement free zone and handicap accessible
- Discuss Community Resources
- Key Speakers
- Meet new people who understand what you are going through

A stroke is not something you just get over!