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Bcenter's Stroke Survivors Collaborate with Polasek Museum for Art Therapy

Orlando, Fla. (January 22, 2015) — The Bcenter's "Hive of Hope" Stroke Support Group — a component of Global Stroke Resource, a nonprofit providing resources, hope and direction — hosted its monthly meeting at the Albin Polasek Museum & Sculpture Gardens in Winter Park on January 19th to explore art therapy.

Rachel Frisby, Museum Curator, offered educational insight into the works of famed artist Albin Polasek, including the "Man Carving His Own Destiny" sculpture, which Polasek carved with his one strong hand following a debilitating stroke. Attendees were encouraged to persevere in spite of their stroke-related physical disabilities, as the talented Polasek had. Polasek, in fact, completed eighteen major works after his stroke, including the politically motivated Victory of Moral Law (1957) which received worldwide acclaim.

Nearly forty stroke survivors and caregivers also enjoyed a docent-led tour through the historic home and tranquil lakeside gardens, followed by a hands-on art therapy session. Research suggests that stroke survivors with an appreciation for music, painting, and theater recover better in comparison to patients who did not. Art therapy can help survivors treat physical, cognitive, and neurological issues and also improve mental wellbeing. Thus, through this session, Bcenter's stroke survivors were challenged to use paint strokes and color therapy as physical and emotional therapeutic tools.

This event was, in part, sponsored by the Albin Polasek Museum & Sculpture Gardens, Destination MCO Transportation, and Classic Creations Catering, home of George's Famous Cookies.

Every 2 seconds, someone in the world suffers a stroke. However, there is life after stroke. Stroke groups challenge survivors to get beyond the limitations often imposed by themselves or others. The Bcenter's Hive of Hope hosts support, social, and educational gatherings on the third Monday of each month. For more information, visit Bcenter.com.

Download Event Photos: <https://www.dropbox.com/sh/81jet55u74rmoc9/AACr-7gtpWbpCRn5qHI7RIRIa?dl=0>

About Bcenter: Global Stroke Resource, Inc., dba Bcenter.com, is a 501(c)(3) nonprofit organization with a mission to empower, educate and light the path to recovery for stroke survivors and families. Bcenter is dedicated to providing treatment resources, hope and direction. Founder Valerie Greene personally overcame grim odds in the aftermath of two debilitating strokes that nearly took her life at just 31 years old. Acknowledging that her miraculous survival and recovery could impact others afflicted by stroke or any disability, Greene crusaded for years to support healthcare advocacy, programs and education, and now serves as a stroke coach. Visit Bcenter.com or call (888) 942-Bwell (9355).