



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALL BETTER TOGETHER SUCCESS STORIES

Craig Mc Farlin August 2011



"What lies behind us and what lies ahead
of us are tiny matters compared to
what lives within us."
~Henry David Thoreau

Survivors face so many challenges when returning to everyday life after a stroke. Rebuilding your life takes dedication, support, and hope. This month will mark Craig's 1 year anniversary of his debilitating stroke. With the aid of his devoted family, Craig has fought hard to regain his self-sufficiency, "Fitness currently helps me be more independent, I continue to work on my bad arm

and leg to improve the use of my right side."

Craig has been a loyal member for over 10 years, frequenting the fitness center and pool at least six times a week. For this cheerful guy the Y also serves as a social outlet, "I like exercise and chatting with other people." Although recovery takes a lot of time and effort, Craig keeps at it. "I try to stay positive. I am thankful for Y staff like Larry Iverson. He is an inspiration because he pushes me to keep doing it."

Craig continues to reach for goals like getting more use from his arm, walking, and improving his speech. He still loves to cook and bake delicious desserts. We hear he makes a killer Key Lime pie. Craig doesn't have any secret advice that will create miracles, he keeps it simple and imparts upon us, "not to sweat the small stuff."