

Have you had a stroke?

Join a group program to support your stroke recovery!



ESTEEM



EXERCISE with a Physiotherapist.



SOCIALISE over morning tea with others living with stroke.



THINK CREATIVELY through movement-to-music or visual arts.

Who can join?

- Had a **stroke**
- **18 years** of age or older
- **Living in the community** (not a residential care facility)
- Can **stand and use the restroom independently** or with the help of **1 person**
- Able to **communicate** and **follow instructions safely**



When & Where

- **West Wallsend**
Monday & Wednesday 10am-12:30pm
- **Kurri Kurri**
Tuesday & Thursday 10am-12:30pm

Contact us



0436 307 646



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esteemafterstroke.com.au



Register your interest here!