

# Have you had a stroke?

ESTEEM is a group program to support stroke recovery

Exercise, Socialise & Think creatively with others living with stroke

ESTEEM Program  
research project  
HNE HREC 2020/ETH01723



Programs available at:

- West Wallsend (Mon/Wed)
- Kurri Kurri (Tues/Thurs)

Time: 10:00am-12:30pm

Cost: Free



Scan to find out more or to register

-  0436 307 646  
esteemafterstroke.com.au
-  0436 307 646  
esteemafterstroke.com.au
-  0436 307 646  
esteemafterstroke.com.au
-  0436 307 646  
esteemafterstroke.com.au
-  0436 307 646  
esteemafterstroke.com.au
-  0436 307 646  
esteemafterstroke.com.au
-  0436 307 646  
esteemafterstroke.com.au
-  0436 307 646  
esteemafterstroke.com.au
-  0436 307 646  
esteemafterstroke.com.au
-  0436 307 646  
esteemafterstroke.com.au
-  0436 307 646  
esteemafterstroke.com.au
-  0436 307 646  
esteemafterstroke.com.au
-  0436 307 646  
esteemafterstroke.com.au
-  0436 307 646  
esteemafterstroke.com.au