

Have you had a stroke?

ESTEEM is a group program to support stroke recovery

Exercise, Socialise & Think creatively with others living with stroke

*ESTEEM is part of a research project
HNE HREC 2020/ETH01723*



**Programs available at:
Kurri Kurri Hospital Multipurpose Centre
Tuesdays and Thursdays**

Time: 10am - 12:30pm

Cost: Free

Scan to find out more or to register



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA



Hunter New England
Local Health District



mccs
MAITLAND COMMUNITY
CARE SERVICES

