

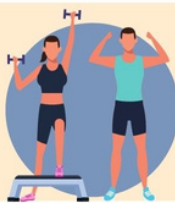




ESTEEM-Exercising Socialising and Thinking: an Environmental Enrichment Model After Stroke



The ESTEEM Program is informed by the science that brain recovery in an environment which combines physical, thinking and social activities (environmental enrichment) may support better stroke recovery.

This program supports stroke survivors living in the community to come together and **EXERCISE, SOCIALISE** and engage in creative **THINKING, TWICE a week** for **10 WEEKS** to improve recovery and well-being after stroke.

Physical	Social	Cognitive
<i>Exercise</i>	<i>Refreshments</i>	<i>Creative arts</i>
		 Dance OR Art
30 minutes	20 minutes	90 minutes

Mercy Services, West Wallsend
Monday and Wednesday 10-12.30
Community transport available

Is this you?

- Aged 18 years or older
- Have had a stroke and living in the community
- Able to stand independently or with the assistance of one person
- Able to communicate
- Able to use the washroom independently or with your support person



Interested in participating?

Contact us at:

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