



## Retreat & Refresh Stroke Camp: April 26-28, 2019

Unicoi State Park Lodge, 1788 Highway 356, Helen, GA 30545

Stroke affects almost 800,000 people in the US each year and can happen to anyone at any age. Recovery from stroke is an ongoing process that affects not only the person having the stroke, but also the family.

The Cerebrovascular & Stroke Center at Prisma Health-Upstate (formerly GHS) is sponsoring a weekend Retreat & Refresh Stroke Camp for SC Upstate survivors in April. This camp provides support, socialization, relaxation, and education for stroke survivors, caregivers, family members and volunteers. It will include activities specifically for survivors and caregivers in a comfortable, informal setting. The retreat offers a unique opportunity for those affected to lift each other through hope, inspiration and motivation.

**Tentative Camp Schedule** (cost is \$125 a camper; support may be available from the stroke camp)

**Friday, April 26**

- 2:30-4 p.m. Welcome & Registration
- 4-10 p.m. Activities & Dinner

**Saturday, April 27**

- 8 a.m.-noon Breakfast & Activities
- Noon-6 p.m. Lunch, activities, free time
- 6-10 p.m. Dinner and evening activities (Theme: Hollywood Oscars)

**Sunday, April 28**

- 8 a.m.-noon Breakfast & Camper Games & Competitions
- Noon-1 p.m. Lunch & Goodbyes until next camp

**Campers register at [www.strokecamp.org](http://www.strokecamp.org) or 309-688-5450;** choose Prisma Health camp date.

- Volunteers are also needed to help create an outstanding experience for campers.
- **Questions? Contact Shannon Sternberg at [ssternberg@ghs.org](mailto:ssternberg@ghs.org) or 864-455-8848.**



**GREENVILLE  
HEALTH SYSTEM**  
Cerebrovascular &  
Stroke Center

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