

Where lasting memories are made



8th Annual Sutter Stroke Camp

Silver Spur Conference Center
Sept. 24—27, 2010 (Fri—Mon)

For more information please call
(916) 454-6978
or
(916) 455-4821

or visit us at
sutterneuro.org

 **Sutter Neuroscience Institute**
A Sutter Health Affiliate

sutterneuro.org



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2800 L Street, 630
Sacramento, CA 95816

Sutter Neuroscience Institute is dedicated to providing support to stroke survivors, their families and caregivers. We are offering this opportunity of fun along with a unique learning experience about STROKE for those interested in attending a three day camp.

Please complete the registration form on the back page and return to the address enclosed.

Funded through donations to the Sutter Neuroscience Institute Stroke Camp Fund at the Foundations of: Sutter Medical Center, Sacramento Sutter Roseville Medical Center



Learn about stroke and prevention in a relaxed atmosphere

Programs and activities will be planned and scheduled for your convenience throughout the day. A wonderful opportunity for growth and learning about stroke and its prevention, while receiving support and learning new coping strategies. During Sutter Stroke Camp, you will be empowered to improve skills and make wise choices about your rehabilitation care after a stroke, and discuss many resources necessary to enhance your quality of life. Silver Spur Conference Center is located in the Sonora foothills. Directions and map are included.

Concentrated Education

Rehabilitation & Stroke Team professionals will be on hand to educate and answer your questions and concerns about stroke and its devastating affects



Schedule of Activities

Friday, Sept. 24

Arrival and introduction

Saturday, Sept. 25

Hike and yoga
Speech therapy
Occupational therapy
Arts and crafts
Dancing

Sunday, Sept. 26

Hike and yoga
Speech therapy
Occupational therapy
Arts and crafts
Stroke updates and guest speaker
Campfire sing-along
Bingo

Monday, Sept. 27

Hike and yoga

Sutter Stroke Camp Registration

Reserve my spot at the Sutter Stroke Camp Fees are due at time of registration no later than **September 10, 2010**

Registration is \$150.00

Send Check or Money Order

Payable to: **Sutter Stroke Camp Fund**

Please send payment & enclosed paperwork to:

Sutter Neuroscience Institute
2800 L Street, Suite 630
Sacramento, CA 95816

For more information call:

916 454-6978 or 916 455-4821

Or email Fergus@SutterHealth.org

Name: _____

Address: _____

Telephone #: _____

Fun! Fun! Fun!

Enjoy usual camp activities such as campfire sing along, bingo, an old fashion bar-b-que and dance, arts and crafts activities, s'mores, horseshoes, meet new stroke friends and more!