



STROKE RETREAT

Enjoy a Weekend Get-away

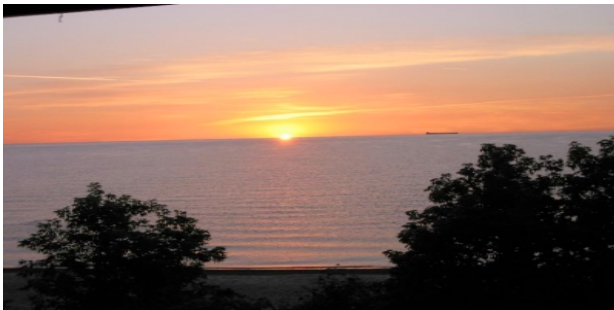
July 29-31, 2016

Join us for our 22nd year!

The Stroke Retreat is a camping weekend designed to help stroke survivors and their families to make the most out of life after stroke. In the beautiful natural setting of Camp Cavell, in Lexington, Michigan, we provide an opportunity to relax, refresh, make new friends, and try some new activities. Camp Cavell is a barrier free camp on the shores of Lake Huron in Lexington, Michigan. This is an excellent opportunity to try a new adventure after stroke! Our staff of trained volunteers will be on hand to assist with the caregiving needs of the stroke survivor. Activities are planned for a variety of activity levels for all participants.

Weekend includes:

- Two nights lodging in cabins
- 5 heart-healthy meals, snacks and beverages
- Activities:
 - Crafts
 - Games night
 - Talent Show
 - Movies
 - Camp fire
 - Learning opportunities
 - Hay ride (wheelchair accessible)
 - Swimming, kayaking, and beach activities –(weather permitting)
 - Exercise & recreational activities



For more information, or to obtain a registration packet,
Please see our website at www.henryford.com/strokeretreat

or

Contact Sheila Daley at (313) 575-4373 or Kissie Harris at (248) 909-8318.
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