A Three Day Camping Experience for Stroke Survivors & Their Caregivers

Our Mission
The mission of Retreat & Refresh Stroke Camp is to improve the quality of life for stroke survivors, caregivers, and their families. This is accomplished through weekend retreats, as well as community stroke education and awareness events for the public.

Our weekend retreats include activities that are designed specifically for survivors and caregivers in a comfortable and informal setting that focus on:

Education
Education is a primary ingredient contributing to the overwhelming success of Retreat & Refresh Stroke Camp. The difference in the level of recovery from stroke is often the ability to keep up with constant changes in new technologies, services, and supportive equipment.

Relaxation
The idea of taking a few minutes to relax can be a foreign concept, especially if you are a stroke survivor or caregiver. Many of the daily activities most people take for granted become major struggles to a survivor and caregiver. Retreat & Refresh Stroke Camp provides numerous opportunities for both to relax and enjoy life.

Socialization
It is not unusual for survivors and caregivers to become isolated from their friends and family. Camp provides the opportunity to create new and valued relationships with other survivors, caregivers, and volunteers.

Support
Support from family and friends is critical to the ongoing recovery process. Camp creates a unique setting in which survivors and caregivers lift each other through hope, inspiration, and motivation.

Just Imagine.
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**Question: What is Stroke Camp?**
Answer: The answer lies in what it isn’t! It’s not tents to pitch, sleeping bags to zip up, flies buzzing in your ear, or bears rummaging through your supplies. It is comfortable rooms, great meals, and community with those who understand.

**Question: Who should attend camp?**
Answer: Camp is for stroke survivors, caregivers, family members, and volunteers.

**Question: Why go to camp?**
Answer: Camp provides opportunities for education, socialization, relaxation, and support.

**Question: Where is camp?**
Answer: We offer 3-day camping experiences in multiple locations. Visit www.strokecamp.org for a camp near you.

**Question: What do survivors say about camp?**
Answer: “Stroke Camp helps us find new friends, feel we are not alone, and gives us new hope for the future.”

**Question: What do caregivers say about camp?**
Answer: “The best part was being off duty for the weekend and sharing stress-free activities with my survivor.”

For more information about camp, visit www.strokecamp.org or call 1-866-688-5450.

Retreat & Refresh Stroke Camp 425 W. Giles Ln., Peoria, IL 61614