

JOIN US FOR THE FIRST ANNUAL



RURAL APPALACHIA
Stroke Camp

Refresh | Renew | Refocus

**We welcome stroke survivors and caregivers for
a fun-filled day to relax, learn, and rejuvenate.**

It's Your Day
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Saturday, September 25, 2021

Buckhorn Lake State Resort Park

9 a.m. - 4 p.m. Registration begins at 8 a.m.

Transportation is available.

**Keynote Speakers will be providing information on stroke
awareness, stress management, music therapy, and healthy eating.**

For more information, contact:

Keisha Hudson at (606) 439-3557, Ext. 83452 or keisha.hudson@uky.edu

REGISTER HERE



Cooking Demonstrations



Crafting



Putt-Putt Golf



Boating



Fishing

Activities will be adapted to stroke survivors' needs.



LKLP
Community
Action



UK Center of Excellence
in Rural Health

Registration is required and space is limited