

May is

Stroke Awareness Month



On average, a stroke occurs every 40 seconds – could you spot a stroke if you saw one? What does it look like? What would you do? Do you know how to act F.A.S.T.?

Can YOU Spot a Stroke?

Thursday, May 29 • 6:30 p.m.

Ivy Room 1, First Floor, Alaska Regional Hospital

Reserve your space: 264-1113 or

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It seems that the American public as a whole has some misconceptions of stroke – “only the elderly have strokes” or “I can’t do anything to prevent a stroke.” If this reflects your thinking and you are unable to answer the questions above, join us for an informative presentation and discussion about stroke –fact and fiction! Get the facts and raise your awareness to help stop stroke.

Join us as Ruth Townsend, MS, discusses stroke prevention, understanding the signs and symptoms of this condition, and how to act F.A.S.T.

NOT BIGGER
JUST BETTER


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