

B**E****F****A****S****T****BALANCE**LOSS OF BALANCE,
HEADACHE
OR DIZZINESS**EYES**

BLURRED VISION

FACEONE SIDE OF THE
FACE IS DROOPING**ARMS**ARM OR LEG
WEAKNESS**SPEECH**

SPEECH DIFFICULTY

TIMETIME TO CALL
FOR AMBULANCE
IMMEDIATELY

Let's Talk Health: Stroke Awareness

Wednesday

12:00 pm - 12:40 pm

Dates: May 29, 2024

Guest Speaker:

Joan Hardie, RN, Stroke Program
Coordinator.For more information, please email
us atCHMC.CommunityHealth@CommonSpirit.org.

Stroke is a leading cause of death & can happen to anyone. Control your risk factors to improve your brain health.

You will learn about:

1. Learn the 8 key measures for improving and maintaining cardiovascular health.
2. Check the signs and BE FAST!
3. Stroke support services

**Scan and
Register****Dignity Health.**
California Hospital
Medical Center