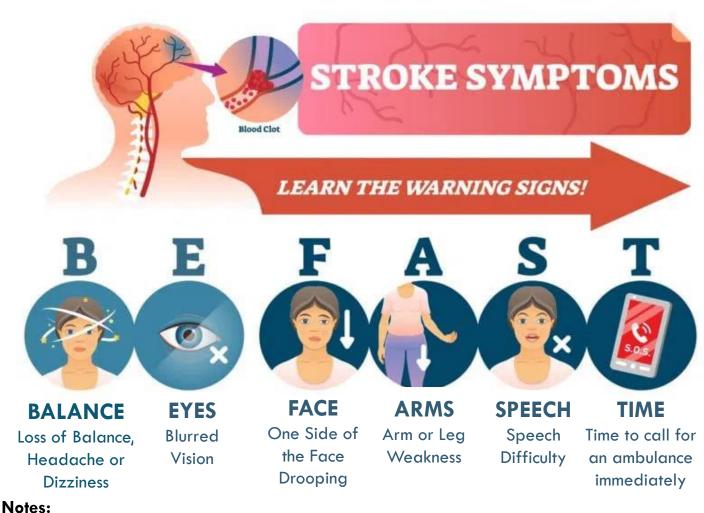
What is Stroke?



Stroke is a brain attack. It occurs when blood vessels in the brain, called arteries, are blocked or burst. The consequences of stroke can be long-term disability and even death.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Cinco de Mayo	6
7	8	9	10	11	12	13
14 Mother's Day	15	16	1 <i>7</i>	18	19	20
21	22	23	24	25	26	27
28	29 Memorial Day	30	31			

Health Tip: Managing Arthritis

- 1. Stay as active as possible. Some physical activity is better than none.
- 2. Attend regular appointments with your health care provider and follow your recommended treatment plan.
- 3. Lose excess weight and stay at a healthy weight.