







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.



B	E	F	A	S	T
					
BALANCE	EYES	FACE	ARMS	SPEECH	TIME
Loss of Balance, Headache or Dizziness	Blurred Vision	One Side of the Face Drooping	Arm or Leg Weakness	Speech Difficulty	Time to call for an ambulance immediately

Notes:

May

2023

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	17	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.