

Health and Wellness Talk

Stroke Prevention

Thursday June 8, 2017

1:00-2:00

The risk of cerebrovascular disease increases with age.

Dr. Shruti Sonni, Vascular Neurologist & Co-Chair of the Cambridge Health Alliance Stroke Committee will speak on TIA's and Strokes, the risk factors, symptoms and what we can do to prevent them.

Please join us for this important informational session.

Emergency Stroke Care Golden 8 hours

F.A.S.T.

can help you to rapidly recognise when a stroke is taking place and then act quickly to get medical treatment and prevent serious damage.



F

ace

has their face fallen on one side? Can they smile?



A

rm

Can they raise both arms and keep them there?



S

peech

is their speech slurred?



T

ime

to call **8107 1616** if you spot any single one of these signs.

This program is for seniors 60+

Cambridge Citywide Senior Center

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