



PREVENT A STROKE BEFORE YOU CROAK!

1 out of 4 people will have a
stroke

BUT... 80% of strokes are PREVENTABLE!!

HOW DO I LOWER MY RISK FOR STROKE?



Blood
Pressure
Control



Manage
Cholesterol
Levels



Blood Sugar
Control



Quit
Smoking



Limit
Alcohol



Be Active



Eat Healthy

While you can not control your age or family history,
you can take steps to lower your chances of having a stroke.