



IS IT A STROKE?

Know the Symptoms. Call 911 Immediately & Save a Life!


B **BALANCE** Sudden loss of balance 

E **EYES** Sudden trouble seeing 

F **FACE** Uneven or crooked smile 

A **ARMS** Sudden arm or leg weakness 

S **SPEECH** Speech is slurred or drooling 

T **TIME** Sudden onset of headache
Time to call 911! 

How To Reduce Your Risk



Eat Healthy Foods



Be More Active



Manage Blood Sugar



Manage Weight



Control Cholesterol



Manage Blood Pressure



Quit Tobacco



Get Healthy Sleep



For more information on our stroke center scan the QR code or visit us online at mclaren.org/NorthernStroke

