

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

