

# Stroke Prevention

*When it comes to strokes... time is of the essence.*



*Continuous Education is key.*

Would you know what to do if you or someone you knew was having a stroke? Are you living a healthy lifestyle that may help you to prevent a stroke or to minimize the after-effects of one? Let's talk about it.

Ray Bennett, the Coordinator at the Comprehensive Stroke Center at Robert Wood Johnson University Hospital will lead our discussion on stroke prevention – the signs, symptoms and acting *FAST*.

**Monday, November 17, 2014  
10:30 a.m.**

**Franklin Township Community/Senior Center  
Room 3 at 505 Demott Lane, Somerset**

**Join us – This is a Free Program**

Sponsored by the Parkside Senior Citizen Club