We invite stroke survivors and caregivers to attend our monthly sessions and be empowered with the tools necessary to resume their quality of life after stroke.

Date: Fourth Wednesday of each Month [Except for December]

Time: 2:30-4:00 PM

Place: NYP/Weill Cornell Medical Center 525 E. 68th Street, New York, NY 10065

Meeting Location – F 610 Neurology
Use F or K Elevator to the 6th Floor

To Register - email: shd9072@nyp.org or call: 212 746-4231

For more information contact:
212 746-2036

Join us in supporting and encouraging one another.

Sheila DaSilva, RN, BSN
Manager, Stroke Center
Deborah Ginsburg, LMSW
Social Worker, Stroke Center
Greta Strong, MPA, MSC, HS-BCP
Stroke Advocate

AMAZING THINGS HAPPEN HERE

New York Presbyterian/Weill Cornell
Attn: Sheila DaSilva - Stroke Center Manager
525 E 68th Street, F-610
New York, NY 10065
Hope for Stroke

Survivor and Caregiver Support Group

We are committed to providing knowledge and investing time with patients and their families, in order to benefit stroke survivors and future generations of people who may be affected by stroke. We want to provide a warm environment for people to learn more about stroke share their experiences and become inspired to move forward after their stroke.

OUR VALUES

RESPECT
Every person counts

RESPONSIBILITY
Honoring our past, Ensuring our future

EMPATHY
Listen, Understand and Respond

PLEASE SAVE THE DATES
2014: Sessions Offered
4th Wednesday of Each Month
2:30-4:00 PM/ F-610 Neurology

| January 22   | July 23      |
| April 23    | October 22   |
| March 26    | September 24 |
| February 26 | August - No Meeting |
| May 28      | November - No Meeting |
| June 25     | December 3   |

Stroke Prevention Tips

- Control your blood pressure
The most important action you can take to reduce your risk is to control your blood pressure. A blood pressure reading less than 120/80 is considered normal for adults.

- Manage your cholesterol and diabetes
Work with your healthcare provider to manage your blood sugar and cholesterol levels and develop a nutritional plan to reduce your risk for stroke.

- Do not smoke
Make a decision to quit and stick to it. Talk to your health care provider about ways to quit.

- Exercise regularly
Physical activity helps you lose weight, control blood pressure and increase your good cholesterol.

- Get your heart checked
Having heart disease increases your risk for stroke. Ask your doctor if Aspirin or other heart-healthy medicines are right for you.

TIME IS BRAIN

Stroke is a medical emergency.
If you experience these symptoms call 911 and get immediate treatment.

Stroke Warning Signs

Other Symptoms

- Dizziness
- Trouble walking and loss of balance and coordination
- Changes in vision
- Sudden severe headache