

“The support group has been a good way to meet other people and share our thoughts and concerns.”

Caregiver, family member and support group member

Steps to reduce your risk factors for stroke

- 1. Know and control blood pressure and cholesterol levels**
- 2. Be smoke free**
- 3. Maintain a healthy weight**
- 4. Get active**
- 5. Reduce stress**



Join the Westman Stroke Support Group

If you or a family member have had a stroke, then this group may be for you. All those interested are invited to attend. There is no cost to join the group or attend meetings.

The group meets on the **second** Saturday of each month from September to May at Faith Fellowship Baptist Church
26th St & Willowdale
Meetings start @ 1:30 pm

If you would like more information about the Westman Stroke Support Group or other stroke-related information, contact:

Group members:

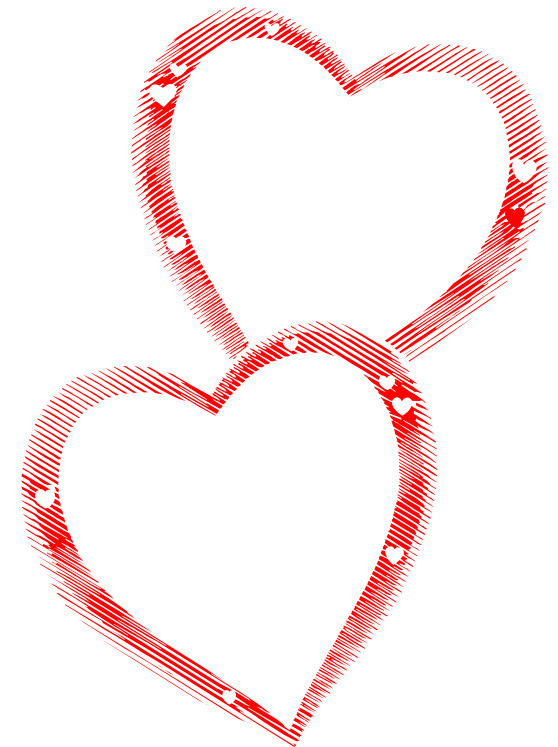
Marilyn Hoffman ~ 204 571-9383
Murray McDonald ~ 204 761-7705
Darlyne Smith ~ 204 728-7713 or 724-2923
Carole Black (Oak River) ~ 204 566-2281

For information on meetings and to download a brochure, go to Westman Aphasia Website
www.westmanaphasia.ca



Westman Stroke Support Group

For stroke survivors and their loved ones



Westman Stroke Support Group

The Westman Stroke Support Group originated in the early 1990s with Heart and Stroke Foundation of Manitoba volunteers.

The Westman Stroke Support Group was designated to help stroke survivors and their loved ones learn more about stroke and how to live with it.

By participating, you will:

- ♥ learn more about stroke and other related information, based on your personal needs;
- ♥ meet other stroke survivors, their caregivers and loved ones; and
- ♥ have fun!

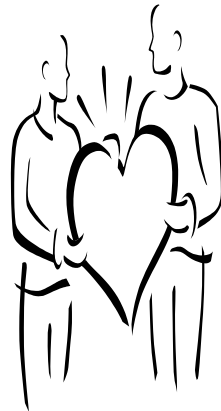
“It is nice to be able to meet and talk to people who have experienced the same thing that I’m now going through.”

*Stroke survivor and
support group member*

Five warning signs of stroke

- 1. Weakness**
Sudden weakness, numbness or tingling in the face, arm or leg (*even if temporary*)
- 2. Trouble speaking**
Sudden temporary loss of speech or trouble understanding speech (*even if temporary*)
- 3. Vision problems**
Sudden loss of vision, particularly in one eye or double vision (*even if temporary*)
- 4. Headache**
Sudden severe and unusual headache
- 5. Dizziness**
Sudden loss of balance, especially with any of the above signs.

If you have any of the above signs, call 911 or your local emergency number immediately.



Face — is it drooping?

Arms — can you raise them?

Speech - is it slurred or jumbled?

Time — to call

9-1-1

right away.

Act FAST

Because the quicker you act, the more of the person you save.

