You Can Reduce Your Risk:

- Improve your diet
- Stop smoking
- · Reduce your alcohol intake
- Increase your exercise
- Make regular visits to your doctor to check your blood pressure, cholesterol, and blood sugar levels.

For Information on the Upstate Stroke Center: Upstate Connect 3/5 464-8668

Call 911 at any sign of stroke

F Face Does the face look uneven?

Ask the person to smile.

A Arms Does one arm drift down?

Ask the person to raise both arms.

Speech Does their speech sound strange.

Ask the person to repeat a simple phrase. Example: "The sky is blue."

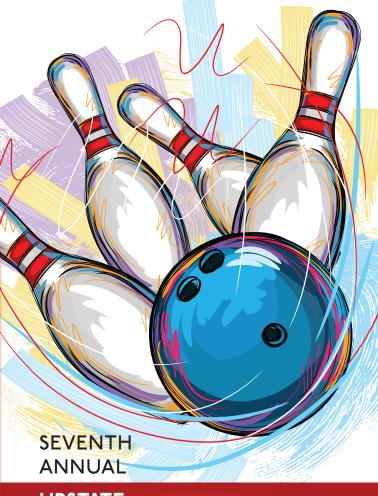
T TIME TO CALL 911

if you observe ANY of these signs.





750 East Adams Street | Syracuse, NY 13210 www.upstate.edu/stroke



UPSTATE
STROKE
CENTER STRIKES
AGAINST STROKE

Friday, May 6

5 to 8 p.m. • Flamingo Bowl, Liverpool



STRIKES AGAINST STROKE

Friday, May 6 5 to 8 p.m.

Flamingo Bowl, Rte. 57, Liverpool, NY

- Handicap Accessible
- Bumper Bowling and Ramps Available

Registration includes t-shirt, 2 games of bowling and shoe rental.

The evening will include a silent auction.

For more information contact Upstate Foundation, 315-464-4416

UPSTATE COMPREHENSIVE STROKE CENTER

All proceeds to benefit the Upstate University Hospital Stroke Fund to support:

- · Patient and family education
- Direct patient care needs
- Raising community awareness

REGISTER BELOW OR ONLINE AT: WWW.FOUNDATIONFORUPSTATE.ORG/STRIKES

Name

Address	
Phone	
Email	
\$20 Stroke Survivors \$20 Youth (12 and under)	\$100 Family (family of 4: 2 adults, 2 children under age 14)
\$35 Non Stroke Survivors	\$150 Group (team of 5 players)
	\$50 Couples (Stroke survivor plus spouse, \$65 for 2-non-stroke survivors)
T-SHIRT SIZE (please circle size) Youth sizes: Small (6-8) Medium (10-12) Large (14-16)	
If you're unable to attend	but would like to donate
address below	e send your check to the
	check to:
address below Please mail this form and c Upstate Foundation 750 E Adams Street- 316 C	check to:
Address below Please mail this form and composition 750 E Adams Street- 316 Composition Syracuse NY 13210 Checks made payable to Streets registration deadline to guarantee	theck to: AB troke Fund #44450. ntee t-shirt: Monday, April 25, 2016. gistration fee (t-shirt not guaranteed
address below Please mail this form and of Upstate Foundation 750 E Adams Street- 316 Carrows Syracuse NY 13210 Checks made payable to Streets made payable to Streets and the streets was surely streets and the streets was surely streets and surely streets was surely surely surely streets was surely sur	theck to: AB troke Fund #44450. ntee t-shirt: Monday, April 25, 2016. gistration fee (t-shirt not guaranteed