



NEWS RELEASE
January 15, 2014

Stroke Prevention 101 Class

The City of Santa Maria Recreation and Parks Department invites the public to a free stroke prevention class for adults 50+ years of age. The one-hour class will take place Wednesday, January 22, 2014 at 9:00 a.m., at the Elwin Mussell Senior Center, 510 E. Park Avenue.

Dr. David Ketelaar and Kirsten Featherstone, R.N., from Dignity Health, Neuroscience Department, will be presenting "Understanding Stroke 101" to help individuals recognize the most common symptoms of a stroke and how they can be prevented. Risk screenings will be provided if time permits.

According to the Centers for Disease Control and Prevention, stroke is the fourth leading cause of death and a leading cause of adult disability in the United States. Take advantage of this free class that can potentially save a loved one's life. There is no pre-registration required.

Questions about this event may be directed to Marjorie Gjerdrum, 925-0951, ext. 347

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