

**FREE COMMUNITY LECTURE SERIES**

# Think it Might be a Stroke?

## Why it's important to act F\*A\*S\*T!

September 20 • 7:00 p.m. – 8:00 p.m.

Cayuga Wellness Center

3rd Floor • 310 Taughannock Blvd • Ithaca, New York



*A presentation offering valuable information about stroke signs and symptoms, risk factors, what to do if you think you or someone you are with might be having a stroke, and how to minimize your risk of stroke. We'll discuss the importance of coming to a designated stroke center to seek treatment for a possible stroke, and why it's so critical to act fast! We'll also talk about what to expect when you arrive at the hospital, and the potential to improve quality of life after a stroke through physical therapy.*

### **Presenters:**



**Jen Johnson, RN,**  
*Imaging Services and  
Stroke Educator,  
Cayuga Medical Center*



**John Mayer, PT, DPT, NCS**  
*Physical Therapist,  
Cayuga Medical Center*

For more information and to RSVP: (607) 252-3580 or [cls@cayugamed.org](mailto:cls@cayugamed.org)



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