



JUNE

NATIONAL STROKE AWARENESS MONTH *STROKE PREVENTION STARTS HERE*

There are nearly 130,000 stroke deaths each year—that's 1 in 20 deaths. Stroke can happen to anyone, at any time and at any age. Although you can't control every risk factor, there are steps you can take today to reduce your chances of stroke. Make your choice—how your story ends is mostly up to you.

FRRH offers Free Weight and Blood Pressure Screenings

Risk Prevention Resources



Healthy Eating

Making the right food choices reduces cholesterol, blood pressure, excess body weight—and your stroke risk.

Be Empowered



Physical Activity

Being physically active at least 3 days a week has great benefits to your health. New to exercising? Start slow and build from there.

Get Started



Medical Risk Factors

Working with your healthcare professional regularly means you can find health problems before they start.

Stroke Risk Factors are assessed during a typical wellness appointment.

All patients are strongly encouraged to schedule an Annual Wellness Exam with your Primary Care Provider.