STROKE HARMS THE FLOW OF LIFE BLOOD

Diichikaatah • Take good care of yourself to prevent stroke

PROTECT THE LIFE BLOOD TO YOUR BRAIN.

CONTROL YOUR RISK FACTORS:
High blood pressure • Diabetes • High cholesterol • Overweight • Atrial fibrillation

MAINTAIN A HEALTHY LIFESTYLE:
Eat lots of fruits and vegetables • Reduce sodium and fat
Limit alcohol use • Exercise often • Quit smoking commercial tobacco

Talk to your doctor about your chances of stroke.

Learn more: MESSNGERS FOR HEALTH 665-5492
Crow Diabetes Program, 679-3066