

LEARN TO LIVE HEALTHIER

Stroke

ARE YOU AT RISK?

COMPLIMENTARY HYPERTENSION SCREENINGS

Peter J. Dellamonica, Jr. Center for Seniors
1st Wednesday each month, 8:30 AM–10:00 AM
23-56 Broadway, Long Island City

Hellenic Cultural Center
2nd Wednesday each month, 10:30 AM–NOON
27-09 Crescent Street, Long Island City

Steinway Senior Center
2nd Wednesday each month, 8:30 AM–10:30 AM
20-43 Steinway Street, Long Island City

Happy Seniors, Northwest Astoria
2nd Wednesday each month, 11:00 AM–NOON
21-47 29th Street, Long Island City

St. Mary's Senior Center
3rd Wednesday each month, 11:00 AM–NOON
10-15 49th Avenue, Long Island City

Catherine Sheridan Senior Center
3rd Wednesday each month, 9:00 AM–10:30 AM
35-24 83RD Street, Jackson Heights

Queensbridge/Riis Senior Center
4th Wednesday each month, 10:30 AM–NOON
10-25 41ST Avenue, Long Island City

**STROKE IS THE NATION'S #3
LEADING CAUSE OF DEATH, AS WELL
AS A LEADING CAUSE OF SERIOUS
DISABILITY. LEARN MORE!**

KNOW THE WARNING SIGNS OF STROKE:

- Sudden numbness or weakness of face, arm or leg—especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

**STROKE IS A MEDICAL EMERGENCY. IF YOU EXPERIENCE ANY
OF THESE SYMPTOMS, DON'T DELAY. CALL 911 IMMEDIATELY!**

THE MOUNT SINAI HOSPITAL OF QUEENS
IS A DESIGNATED NEW YORK STATE STROKE CENTER

www.mshq.org

FOR A PHYSICIAN REFERRAL, CALL: **1-800-YOUR-MDS**