Walk

**For Stroke Awareness**

**WEDNESDAY, MAY 11 | 10 AM TO 2 PM DHMC WALKING PATH**

May is American Stroke Month. All staff are invited to join the Dartmouth- Hitchcock Stroke Program and Live Well/ Work Well in our second

annual stroke walk.

Stroke is the number 5 killer and leading cause of disability of women and men in the United States. Physical activity is a step in the right direction to lowering your risk of stroke.

**STROKE WALK EVENT DETAILS**

# Meet outside of the dining room on level 2 anytime between 10 am and 2 pm.

 Please wear appropriate walking shoes.

# Water and snacks will be provided.

SSS **RAIN DATE IS MAY 17.**

**For more information** please contact

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**STROKE PROGRAM**

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