



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UNDERSTANDING YOUR RISK OF STROKE

BALANCED HEALTH SERIES
Information for your overall wellness.



THURSDAY, MAY 23, 2024
12:00PM – 1:00PM
FOND DU LAC FAMILY YMCA



FREE!

Open to Y members and the community.
Register online or by calling
920.921.3330.



PRESENTER:

Stacey Sesing, RN
SSM Health Greater Fond du Lac
Stroke Program Coordinator

Stroke is a preventable disease with devastating consequences. The risk of stroke can be decreased by controlling risk factors – medical conditions or lifestyle practices that can increase one's chance of having a stroke. Learn about prevention, signs and symptoms of strokes, types of strokes, what you should do if you think someone is having a stroke, and recovery from a stroke. Join Stacey Sesing as she discusses what you need to know about strokes and answers your questions about this disease.

FOND DU LAC FAMILY YMCA
90 W 2nd Street
Fond du Lac, WI
fdlymca.org



SSMHealth.