

# FREE Stroke Screening & Health Fair

Join us to learn more about stroke, your risks, the warning signs and what you should do if you or someone near you may be experiencing a stroke.

**Thursday, October 21**  
**10 a.m. – 2 p.m.**

Main Level Conference Room,  
Chestnut Hill Hospital  
8835 Germantown Avenue

### *Blood Sugar Screening*

*Meet the JET robot and see live demonstrations.*

### **In addition, talk to:**

*Nutrition Experts  
Smoking Cessation Specialists  
Physical Therapists  
Women's Health Specialists*

### **Refreshments!**

**Registration is NOT required.**  
Call Tiffany Whaley, 215-248-8395  
with questions.

Registered Nurses trained in stroke assessment will talk with you one-on-one about your risks for stroke. They'll check your blood pressure and listen for irregularities in your heart rate and blood flow.

### **What's your risk for a stroke?**

- The chance of having a stroke almost doubles for each decade after age 55.
- Stroke is more common in men, however, more stroke deaths occur in women.
- If someone in your family has had a stroke your risk is greater.
- For someone who's already had a stroke, the risk of another is many times greater than a person who has not.
- High blood pressure, cigarette smoking, diabetes and carotid or other artery disease also put you at risk.

**CHESTNUT HILL  
HOSPITAL**

UNIVERSITY of PENNSYLVANIA  
COMMUNITY HEALTH NETWORK

[chestnuthillhealth.com](http://chestnuthillhealth.com)