



PRESENTS

UNDERSTANDING STROKE & REDUCING YOUR RISK

Presenter:



Kim Levesque, PT, DPT

Physical Therapist

Gaylord Physical Therapy in Cheshire

Date:

Monday, September 26, 2022

Time:

4 -5pm, includes Q&A

Where:

Cheshire Library

104 Main St., Cheshire, CT

Discussion will include:

- What is a stroke?
- Warning signs & risk factors
- Safely returning to exercise
- Symptoms
- Lifestyle changes to decrease risk
- Working with a healthcare team

Registration:

To RSVP, please contact Cara Luciani at cluciani@cheshirelibrary.org or (203) 272-2246



All registered attendees will receive a **Free One Month Membership** to the Cheshire YMCA.