

# Treating and surviving stroke



Join us and learn about the signs that can save your life.

When you know the signs, you have the best chance of surviving stroke. You can also help avoid stroke by making lifestyle changes. Come to our free lecture to learn what you can do to prevent stroke, recognize symptoms and find supportive care during stroke recovery.

This lecture is particularly important if you:

- Have health conditions that increase your risk for stroke
- Have a family history of stroke
- Have had a stroke

**Speaker:**

Jason Tarpley, MD, PhD, Director, Stroke & Aneurysm Center; Vascular and Interventional Neurology

**Moderator:**

Catrice Nakamura, MSN, RN, CCRN, SCRN, Stroke Program Manager

**WEDNESDAY, MAY 9**

**FREE BLOOD PRESSURE & STROKE RISK ASSESSMENT:  
5:30-6:30 PM**

**LECTURE: 6:30-8:30 P.M.**

Providence Little Company of Mary Medical Center Torrance  
Center for Health Education  
(next to the Outpatient Diagnostic Center)

4101 Torrance Blvd.

Free valet parking. Complimentary refreshments will be served.

**SEATING IS LIMITED.** Reserve your space today.  
Call 888-HEALING (432-5464) or visit [ProvidenceClasses.org](http://ProvidenceClasses.org).

