The Stroke Center in 2015

Diet & Exercise can

Involving Stroke

Matters. We now

Common Signs of Stroke: Learn FAST!

Community Online

How to recognize the signs and how to respond F.A.S.T.

Medical Science

Stroke Survivors in Developing

Rehabilitation

NUTRITION AND PHYSICAL ACTIVITY

Diet & Exercise can Become a Pleasurable

Part of your Lifestyle

A

Arm Weakness

T

911

B

Speech Difficulty

S

Time to call 911 to prevent a stroke from disabling!

T

Speech difficulty (slurred, nonsensical, or absent speech)

T

Face drooping

The amazing ability of the brain to

Healing from a stroke: What you should know.

She gives advice to those recovering—

3. Neurofeedback—learning to use brain

2. Cardiac rehabilitation

1. Exercise

How to recognize the signs and how to respond F.A.S.T.

The muscles of the upper face, one side

Involving Stroke

For all survivors:

Involving Stroke

Medical Science

Survivors in Developing

End of the longest-running markets in King County.

The amazing ability of the brain to

She gives advice to those recovering—

Instead she celebrates the new way of

Dr. Jill Taylor, 74, says that she's able to

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2. Cardiac rehabilitation

1. Exercise

In a weekly visit to the farmer's market and

Research News / Stroke Research

Talk about your brain, stroke, and survival.

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