

# Stroke Hopes

Johnson County's  
Stroke Support Group

Meetings occur on the last  
Tuesday of every month.  
The next meeting will be:

**When:** Tuesday, July 27 at 4:00pm

**Where:** First Financial Bank - Santa Fe Room  
403 N Main Street Cleburne, TX 76033

**Speaker:** Pam Brandon, Family Caregiver  
Education & Support Programs on  
behalf of Meals-On-Wheels of Johnson  
& Ellis Counties

**Topic:** Safety & Independence

1. Learn how to assess and modify home and environment for safety
2. Learn how to set up a communication center in the home
3. Learn about how to deal with issues related to driving and older adults
4. Find out how older adults become victims of fraud or scams and how to lower your risk
5. Identify long-term care options

For more information, call or visit us  
online at [www.strokehopes.org](http://www.strokehopes.org) or  
toll free 1-877-426-2751.

## What you should know:

**Stroke Symptoms Include:**      **Risk Factors Include:**

Facial Weakness  
Arm & Leg Weakness  
Speech Problems  
Time is Critical  
so act FAST!

High blood pressure  
Diabetes  
High cholesterol  
Smoking  
Previous Strokes  
Obesity  
Family history of stroke

*If you are experiencing any  
of the above symptoms,  
call 911 immediately.*

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