

BE STROKE **S.M.A.R.T.** GO FOR **R**EGULAR HEALTH SCREENING.



Stroke Services Improvement
Supported by the Ministry of Health



EVERY CHOICE

A STEP AHEAD OF STROKE.



SSmoke-free living



Meals that are healthy



Active lifestyle



Regular health screening



Take prescribed medications

Most strokes can be prevented. Stay a step ahead of stroke by living a **s** smoke-free life, eating healthy **m** meals, staying **a**ctive, going for **r**egular health screening and **t**aking prescribed medications.

BE
STROKE
SMART