

STEP AHEAD OF STROKE

80% of strokes can be prevented.
Be S.M.A.R.T. to reduce your stroke risk.

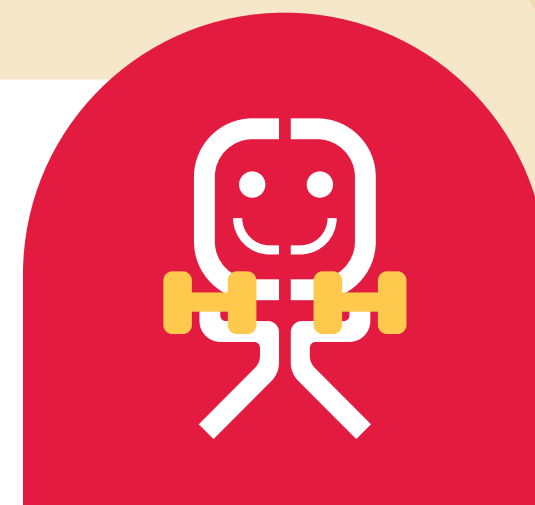
S Smoke-free
living



M Meals that are
healthy



A Active lifestyle



R Regular health
screening



T Take prescribed
medications



Stroke Services Improvement

Supported by the Ministry of Health

STOP **SPOT**
STROKE **STROKE**
Know your risk, reduce your risk Fast discovery helps recovery