

STEP AHEAD OF STROKE

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

S M A R T



S smoke-free
living



M eals that
are healthy



A ctive
lifestyle



R egular
health
screening



T ake
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