

BE STROKE **S.M.A.R.T.** CHOOSE HEALTHY **M**EALS.



Stroke Services Improvement

Supported by the Ministry of Health



EVERY CHOICE

A **STEP AHEAD** OF STROKE.

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



Smoke-free living



Meals that are healthy



Active lifestyle



Regular health screening



Take prescribed medications

BE
STROKE
SMART