

# BE STROKE **S.M.A.R.T.** TAKE YOUR MEDICATIONS.



Stroke Services Improvement  
Supported by the Ministry of Health



## EVERY CHOICE

## A STEP AHEAD OF STROKE.



**S**Smoke-free living



**M**eals that are healthy



**A**ctive lifestyle



**R**egular health screening



**T**ake 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**