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3rd Floor (3C)

Jim Pattison

Outpatient Care and Surgery Centre

9750 - 140th Street, Surrey, BC

V3T 0G9

(604) 582-4550 extension 763704

www.fraserhealth.ca

The information in this document is intended solely for the person to whom it was given by the health care team.

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Education Session

How to Prevent a Stroke

Jim Pattison
Outpatient Care and Surgery Centre



Come learn about how to prevent a stroke and how to manage your risk factors.

Presented by the
Neurology Clinic Allied Health Team



Attend this education session to learn more about stroke prevention.

What is ‘Stroke Prevention’?

Stroke Prevention is about ways to reduce your chances of having a stroke or another stroke. One way is to learn more about strokes and how to prevent them.

Who can attend?

Anyone who is a patient in the Stroke Prevention Clinic or the Neurology Clinic can attend.

You are welcome to bring one family member or friend with you.

Topics covered in the session

- What is a Mini-Stroke (TIA) and Stroke?
- What to do if I think I am having a stroke?
- Is there a chance I can have a TIA or Stroke?
- How can I change my life to prevent a stroke or TIA?

When is the session offered?

This one (1) hour session is offered once a month.

Does it cost to attend?

No, the session is free.

Who are the presenters?

In the Stroke Prevention Clinic, we have an occupational therapist, physiotherapist, speech language pathologist, and social worker. We call ourselves as the Allied Health Team.

At least two members of the Allied Health Team teach the session.

- Our **occupational therapist** helps people to be independent in everyday activities.
- Our **physiotherapist** helps people who have problems with strength, coordination, walking, moving, and balance.
- Our **speech language pathologist** helps people with their speech, swallowing, and communication.
- Our **social worker** helps people cope with changes in their lives. May help set up community services if needed.

How do I register?

Please call:

(604) 582-4550 extension 763704

Where is it held?

Jim Pattison
Outpatient Care and Surgery Centre
9750 - 140th Street, Surrey B.C.

- Pay parking is available underground or in the outdoor parking lot. Meters accept credit cards or exact change.
- The closest SkyTrain station is the King George Station. Bus numbers 502, 395, and 345 have bus stops close to the building.
- The Central Surrey Health Shuttle is a free shuttle with pick-up and drop-off spots at these locations:
 - Central City Mall (on 102 Avenue)
 - King George SkyTrain Station
 - **Jim Pattison Outpatient Care and Surgery Centre**
 - Surrey Memorial Hospital