



## CLASS 17 | STROKE AWARENESS

### Worksheets

- **“Simple Lifestyle Changes that Can Lower Stroke Risk” Worksheet:** This guideline offers the reader easy steps to lifestyle changes that can reduce their chances of having a stroke.
- **“Is it a Stroke?” Worksheet.** When it comes to stroke, immediate medical attention can make all the difference in recovery and survival. This sheet teaches the warning signs of stroke so that you can quickly determine if someone is having a stroke attack and needs medical attention.

### Resources

- [Stroke 101](#) | **National Stroke Association.** This fact sheet from the National Stroke Association provides essential information on reducing risk, noticing stroke signs, and describing the impact of stroke. The site itself is an excellent resource for teaching about stroke as well.
- [Preventable, Treatable, Beatable: Strokes in the US](#) | **American Heart Association.** Written for professional, this white paper provides detailed information about stroke prevention, symptoms and treatment in a user-friendly format.
- [Stroke Prevention Brochure](#) | **National Stroke Association.** This downloadable and printable PDF can be used as a handout to attendees. It includes the FAST steps for identifying a stroke in progress, as well as easy-to-follow information about reducing stroke risk.