



American Heart Association  American Stroke Association

POWER TO END STROKE.SM

You are the Power

I'm real. I'm strong. I'm proud. But I'm at risk for stroke.

The American Stroke Association is ready to talk to me about what matters — to me.

They can meet me where I am — to make positive lifestyle changes.

They can make a positive impact — on me and my legacy.

I pledge...

To not just survive — but thrive. I will learn how to live stronger and longer — for me, my family, and my community. I will join the movement to prevent and overcome stroke.

I will call 9-1-1 immediately if I or someone I know experience these signs of stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Call **1-888-4-STROKE** or visit StrokeAssociation.org/power for more information.