

MCPS Well Aware presents

Heart Health: Stroke Smarts

Do you know what to do if someone is having a stroke? Learn stroke warning signs and symptoms and what you can do to minimize—and even prevent—permanent damage and save a life. We also will discuss overall heart health and preventative measures you can take.



- **WEDNESDAY,**
FEBRUARY 26, 2025
4:30–5:30 p.m. Webinar/ Recording

PLEASE REGISTER for this webinar by emailing
wellness@mcpsmd.org for the log-in information.

