

# STROKE MATTERS

Find out more about stroke



10am - 2pm Sunday 17th November 2024  
Catherine Beckett Community Centre,  
112 Deepdale Rd, Preston, PR1 5AR

## Do you want to:

- Learn more about stroke?
- Understand how you can reduce your risk of stroke?
- Share your experiences of stroke?
- Learn more about the stroke research taking place at UCLan (University of Central Lancashire)

## We have a range of activities (for all the family) including...

- How to recognise the signs of stroke and what to do
- Know your blood pressure
- Know your pulse
- Eating well
- Building activity and leisure into your life
- Looking after your well-being

Learn from local experts