

## Discover the Value of Support

For More Information  
Please Call:

Stroke Prevention Clinic  
613 969-7400 ext. 2871

### Get Stroke Smart !

#### Recognize the warning signs of a stroke

Sudden weakness, numbness or tingling in the face, arm or leg

Sudden temporary loss of speech or trouble understanding speech

Sudden loss of vision, particularly in one eye, or double vision

Sudden severe and unusual headache

Sudden loss of balance, especially with any signs of the above

If you or someone you know is experiencing the warning signs of a stroke

Call: 911



# Quinte Stroke Survivor Support Group

## Stroke Survivors, family members and caregivers Welcome!

Please join us for scheduled guest speakers and social time for sharing of:

- Education regarding health, well-being and recreational opportunities
- Valued friendship
- Social and emotional support
- Information about community services

**Meetings are held on the  
first Wednesday of every month  
1:30 p.m. to 3:00 p.m.**

**at Maranatha Church  
100 College Street West, Belleville**

