



May 23, 2022

Dear Friends ...

During May, American Stroke Month and National High Blood Pressure Education Month, be a Stroke – Blood Pressure Champion! Encourage your audience members to have their blood pressure checked and know and share the F.A.S.T. warning signs of stroke.

We believe that everyone has a reason to live a longer and healthier life. Why? **Life**. **Life** is why. Capital Health and the American Stroke Association are excited to provide you with the accompanying FREE American Stroke Month and Blood Pressure Education Resource Kit.

Did you know that 1 in 5 women will have a stroke? Women, and especially Black and Latina women, have unique risks for high blood pressure, a leading cause of stroke. The 2022 American Stroke Month campaign elevates awareness around unique factors women face for high blood pressure – like stress and pregnancy – that can lead to stroke. Talking with your doctor about your risk today may have a lasting impact on tomorrow.

Capital Health and the American Heart Association | American Stroke Association are committed to empowering you, your loved ones and coworkers to reduce high blood pressure and prevent stroke through knowledge, action and hope. During May, please take these steps:

- ✓ Share the information and educational resources with employees/students/family/others
- ✓ Encourage your audience members to learn and know their blood pressure numbers
- ✓ Inspire people to become Stroke Champions by knowing and sharing F.A.S.T.

Working together, we can help each other during these challenging times and do something about high blood pressure and stroke. With your help and support, and by using and sharing the information in this FREE resource kit, together we can save many *more* lives from stroke, as well as control and reduce high blood pressure. Learn more and find other resources at www.stroke.org

Thank you for your commitment to brain health, stroke and blood pressure awareness and education. Should you have questions or require additional information, please contact the American Heart Association | American Stroke Association in New Jersey by calling (609) 223-3726.

Sincerely,

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