

You Can Reduce Your Risk:

- Improve your diet.
- Stop smoking.
- Reduce your alcohol intake.
- Increase your exercise.
- Make regular visits to your doctor to check your blood pressure, cholesterol and blood sugar levels.

For more information, contact the

Upstate Comprehensive Stroke Center: **315-464-6178**

Call 911 at any sign of stroke

- F** Face Does the face look uneven?
Ask the person to smile.
- A** Arms Does one arm drift down?
Ask the person to raise both arms.
- S** Speech Does their speech sound strange?
Ask the person to repeat a simple phrase. Example: "The sky is blue."

T TIME TO CALL 911
if you observe ANY of these signs.

UPSTATE

COMPREHENSIVE STROKE CENTER

750 East Adams Street
Syracuse, NY 13210



REGISTER ONLINE AT:
UPSTATEFOUNDATION.ORG/STRIKES

Friday, May 3

5 to 8 p.m. • Flamingo Bowl, Liverpool

UPSTATE

COMPREHENSIVE STROKE CENTER





Friday, May 3

REGISTRATION DEADLINE IS APRIL 19, 2024.

5 to 8 p.m. FLAMINGO BOWL
RTE. 57, LIVERPOOL

- Handicap Accessible
- Bumper Bowling and Ramps Available

Registration includes T-shirt, 2 games of bowling and shoe rental.

The evening will include a silent auction.

For more information, contact the
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UPSTATE

COMPREHENSIVE STROKE CENTER

All proceeds to benefit the Upstate University Hospital Stroke Fund to support: patient and family education, direct patient care needs and raising community awareness



Flamingo Bowl

REGISTER BELOW OR ONLINE AT:
UPSTATEFOUNDATION.ORG/STRIKES

Name

Address

Phone

Email

REGISTRATION OPTIONS:

\$20 Stroke Survivors	\$100 Family (family of 4: 2 adults, 2 children under age 14)
\$20 Youth (12 and under)	\$150 Group (team of 5 players)
\$35 Non-Stroke Survivors	\$50 Couples (Stroke survivor plus spouse, \$65 for 2-non-stroke survivors)

T-SHIRT SIZE (please circle size)

Youth sizes: Small (6-8) Medium (10-12) Large (14-16)

Adult sizes: S M L XL XXL XXXL

If you're unable to attend but would like to donate to the Stroke Fund, please send your check to the address below.

Please mail this form and check to:
Upstate Foundation
750 E Adams Street- 316 CAB
Syracuse, NY 13210

Checks made payable to **Stroke Fund #44450.**

Registration deadline to guarantee T-shirt: **April 17, 2024.**
Walk-Ins welcome with full registration fee (T-shirt not guaranteed with late or walk-in registration).

Date

Signature

WALK-INS ARE WELCOME!