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FREE SEMINAR!

STROKE AND LIFE'S ESSENTIAL 8



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Presented by: *Khalil Nasrallah, MD*

Wednesday, May 22, 2024

6:00 – 7:00 p.m.

Lincoln Center

820 S. Lincoln Street, Bay City, MI 48708



KHALIL NASRALLAH, MD
Neurologist
*Medical Director, Stroke Program
McLaren Bay Region*

Join Dr. Nasrallah as he discusses eight key measures that can lead to a lifetime of good health and help reduce risks for a stroke. The American Heart Association has developed “Life’s Essential 8” which outlines a few easy steps you can take to live a healthier lifestyle, such as a healthy diet, participation in physical activity, avoidance of nicotine, healthy sleep, healthy weight, and healthy levels of blood cholesterol, blood glucose, and blood pressure. Dr Nasrallah will also discuss what a stroke is and how it can impact your life, as well as the warning signs and treatment available.

To register for this free seminar, please call 1-877-411-2762 or visit mclaren.org/bayclasses



CERTIFICATION
Meets standards for
Primary Stroke Center