

small steps to BIG changes

- Get Active
- Control Cholesterol
- Eat Better
- Manage Blood Pressure
- Lose Weight
- Reduce Blood Sugar
- Stop Smoking

Take small steps toward a healthier life by getting your free heart score and custom plan today at heart.org/MyLifeCheck

My Life Check
Live Better. With Life Steps.SM

American Heart Association
Learn and Live.

Is it a Stroke?
Check these signs
FAST!



Face
Does the face look uneven?
Ask the person to smile.



Arm
Does one arm drift down?
Ask the person to raise both arms.



Speech
Does their speech sound strange?
Ask the person to repeat a simple phrase.



Time
Call 911
Immediately at any sign of a stroke!

Act in Time: Every Minute Counts!
www.idahoheartandstroke.org



Fold along dotted lines. Fold in half at the top. Fold bottom edges toward each other, and tape to make the table tent stand upright.

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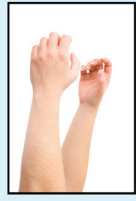
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