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~ **For Immediate Release** ~

Stroke Awareness Class Scheduled for Niles, Coloma, and Benton Harbor

(ST. JOSEPH) – In honor of American Stroke Month, Lakeland Health is offering free “Stroke 101” classes this May.

Participants will learn all about strokes, including risk factors, ways to decrease your risk, and the warning signs of stroke.

The presentation will also discuss the importance of early treatment by calling 9-1-1.

According to the American Heart Association/American Stroke Association, stroke is the fourth-leading cause of death and the leading preventable cause of disability in the United States. On average, someone suffers a stroke every 40 seconds, and about 795,000 people have a stroke each year. The good news is that stroke is largely preventable, treatable, and beatable.

Friday, May 1

12:30 to 1:30 p.m.

Salvation Army, Niles

424 N. 15th Street

Tuesday, May 5

12:30 to 1:30 p.m.

North Berrien Senior Center, Coloma

6648 Ryno Road

Tuesday, May 12

11:00 a.m. to 12:00 p.m.

Benton Harbor Public Library

213 E. Wall Street

Preregistration is required. To learn more or to register, call (269) 556-2808 or (866) 260-7544. Visit www.lakelandhealth.org or find Lakeland Health on Facebook or Twitter for more classes and events.

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