



Washington Hospital Healthcare System

Investing in the health of the community.

[www.whhs.com](http://www.whhs.com)

# HEALTH & WELLNESS

Free Community Seminars



## Community Stroke Education Series

There is a lot you can do to decrease your risk of suffering a stroke. The goal of the Community Stroke Education Series is to educate community members about stroke prevention, symptoms and what to do if you are experiencing signs of stroke. Open to everyone. No fee. These presentations by Stroke Program Medical Director Ash Jain, M.D. and Stroke Program Coordinator Douglas Van Houten, R.N. will be offered once per month as part of a four-month series. The meeting times will be the first Tuesday of each month from 6 to 8 p.m. in the Conrad E. Anderson, M.D. Auditorium.

- Seminars are free and open to the public.
- To register or for more information, please visit [www.whhs.com](http://www.whhs.com) or call (800) 963-7070.
- Seminars are televised on InHealth, a Washington Hospital Channel (Comcast Channel 78) and online at [www.inhealth.tv](http://www.inhealth.tv).



Washington Hospital's Stroke Program received the Gold Performance Achievement Award from the American Stroke Association in May 2010

For more details about the stroke series, visit [www.whhs.com/stroke](http://www.whhs.com/stroke) or call (510) 745-6525

**Call Health Connection at (800) 963-7070 to register**

**All classes will be held from 6 to 8 p.m.**

*See back for schedule*

Conrad E. Anderson, M.D.  
Auditorium, Rooms A & B  
Washington West,  
2500 Mowry Ave., Fremont

# Community Stroke Education Series

## January – December 2011 Schedule

### January 4, 2011

- Stroke Prevention & Other Disease Processes .....6 to 7 p.m.
- Healthy Lifestyle—Be Smart & Avoid Stroke .....7 to 8 p.m.

### February 1, 2011

- Life After Stroke .....6 to 7 p.m.
- Future in Diagnosis & Management .....7 to 8 p.m.

### March 1, 2011

- Introduction—STROKE .....6 to 7 p.m.
- Risk Factors for Stroke .....7 to 8 p.m.

### April 5, 2011

- Acute Management of Stroke .....6 to 7 p.m.
- Chronic Care and Stroke Rehab .....7 to 8 p.m.

### May 3, 2011

- Stroke Prevention & Other Disease Processes .....6 to 7 p.m.
- Healthy Lifestyle—Be Smart & Avoid Stroke .....7 to 8 p.m.

### June 7, 2011

- Life After Stroke .....6 to 7 p.m.
- Future in Diagnosis & Management .....7 to 8 p.m.

### July 5, 2011

- Introduction—STROKE .....6 to 7 p.m.
- Risk Factors for Stroke .....7 to 8 p.m.

### August 2, 2011

- Acute Management of Stroke .....6 to 7 p.m.
- Chronic Care and Stroke Rehab .....7 to 8 p.m.

### September 6, 2011

- Stroke Prevention & Other Disease Processes .....6 to 7 p.m.
- Healthy Lifestyle—Be Smart & Avoid Stroke .....7 to 8 p.m.

### October 4, 2011

- Life After Stroke .....6 to 7 p.m.
- Future in Diagnosis & Management .....7 to 8 p.m.

### November 1, 2011

- Introduction—STROKE .....6 to 7 p.m.
- Risk Factors for Stroke .....7 to 8 p.m.

### December 6, 2011

- Acute Management of Stroke .....6 to 7 p.m.
- Chronic Care and Stroke Rehab .....7 to 8 p.m.