

## 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 Information on the Upstate Stroke Center:  
Upstate Connect 315 464-8668

## 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.

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**Flamingo Bowl**

**UPSTATE**  
COMPREHENSIVE STROKE CENTER

750 East Adams Street | Syracuse, NY 13210  
[www.upstate.edu/stroke](http://www.upstate.edu/stroke)



SEVENTH  
ANNUAL

UPSTATE  
STROKE  
CENTER

**STRIKES  
AGAINST STROKE**

**Friday, May 6**  
5 to 8 p.m. • Flamingo Bowl, Liverpool

**UPSTATE**  
COMPREHENSIVE STROKE CENTER

# STRIKES AGAINST STROKE

Friday, May 6  
5 to 8 p.m.

Flamingo Bowl,  
Rte. 57, Liverpool, NY

- 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  
Upstate Foundation, 315-464-4416

**UPSTATE**  
COMPREHENSIVE STROKE CENTER

All proceeds to benefit the Upstate University  
Hospital Stroke Fund to support:

- Patient and family education
- Direct patient care needs
- Raising community awareness

REGISTER BELOW OR ONLINE AT:  
[WWW.FOUNDATIONFORUPSTATE.ORG/STRIKES](http://WWW.FOUNDATIONFORUPSTATE.ORG/STRIKES)

Name

Address

Phone

Email

### REGISTRATION OPTIONS:

\$20 Stroke Survivors

\$20 Youth (12 and under)

\$35 Non Stroke Survivors

\$100 Family (family of 4: 2 adults,  
2 children under age 14)

\$150 Group (team of 5 players)

\$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: **Monday, April 25, 2016.**  
**Walk-Ins Welcome with full registration fee (t-shirt not guaranteed  
with late or walk-in registration)**

Date

Signature

**WALK-INS ARE WELCOME!**