



**NEWS RELEASE**  
**April 18, 2014**

### **Free Stroke Prevention Class May 7**

The City of Santa Maria Recreation and Parks Department invites the public to a free stroke prevention class as part of the new Active Living programs designed for adults 50 years and up. This one-hour health presentation will be held Wednesday, May 7 at 10:00 a.m. at the Elwin Mussell Senior Center, 510 E. Park Avenue. Dr. David Ketelaar and Kirsten Featherstone, R.N. from Dignity Health Neuroscience Department will help individuals recognize the most common symptoms of a stroke and how they can be prevented. Individual risk screenings will be provided if time permits.

According to the Centers for Disease Control and Prevention, stroke is the fourth leading cause of death and leading cause of adult disability the in the United States. Take advantage of this free class that can potentially save a loved one's life. No pre-registration required.

Questions about this event may be directed to the Recreation and Parks Department, 925-0951 ext. 260.

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| <b>Department:</b>       | <b>Recreation and Parks Department</b>  |
| <b>Contact Person:</b>   | <b>Dennis Smitherman, Recreation Supervisor</b>   |
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