



Words About Wellness

The **PM&R and Rehabilitation Services Wellness Committee** would like to invite you to share recommendations regarding your favorite books, articles, and documentaries/films about wellness. Please e-mail Drs. Karla Thompson or Susan Gaylord with your suggestions and comments. For books, you can write a short review or we can pull information from the internet. For articles, we can present the abstract and a link.

Stroke Awareness Month



According to the [CDC](#), the five most common signs and symptoms of stroke are:

- Sudden numbness or weakness of the face, arm, or leg
- Sudden confusion or trouble speaking or understanding others
- Sudden trouble seeing in one or both eyes
- Sudden dizziness, trouble walking, or loss of balance or coordination
- Sudden severe headache with no known cause

Who's At Risk?

Anyone can have a stroke! Unhealthy habits can increase your risk...

- High cholesterol
- High blood pressure
- Diabetes
- Smoking
- Inactivity – MOVE, MOVE, MOVE

Know the signs – For more information and tips on how to reduce the risk of stroke, please visit the [Centers for Disease Control and Prevention](#) website.