



May is Stroke Awareness Month

Journey to Wellness in collaboration with Kentucky Heart Disease and Stroke Prevention Program and the Kentucky and Southern Indiana Stroke Association would like to invite you to join us for our first **F.A.S.T. Pitch to End Stroke** baseball games! Stop by our table to meet us and learn important information about the prevention and treatment of strokes.

May 27th Louisville Bats game starts at 7:05pm doors open at 5:00pm. FREE tickets are available for stroke survivors and \$5.00 seats are available for their families, friends, caregivers and Commonwealth of Kentucky employees.

The tickets must be ordered and paid for through Sarah at snordman@batsbaseball.com

Bats <http://louisville.bats.milb.com/index.jsp?sid=t416>

June 25th Lexington Legends game starts at 7:05pm.

Legends <http://lexington.legends.milb.com/index.jsp?sid=t495>

July 11th Florence Freedom game starts at 6:05pm. This night is "Bark in the Park" where fans can bring their dogs to the park and enjoy the game. We also have wiener dog races!

Freedom <http://www.florencefreedom.com>

August 30th Bowling Green Hot Rods game starts at 6:35pm. "Buy One, Get One Free" tickets are available.

- Tickets need to be purchased for August 30 using the special offer code **HEALTHY** (the code is case sensitive, so please use all caps).
- Tickets can be purchased at bghotrods.com, by calling 270.901.2121, or at the Bowling Green Ballpark ticket office.
- The special "Buy One Ticket, Get One Free" offer applies to box seats only and will be available May 25 until 7 days prior to the event (August 23).

Hot Rods <http://bowlinggreen.hotrods.milb.com/index.jsp?sid=t2498>

F.A.S.T. is the acronym designed to identify symptoms of a stroke and to remind you of the importance to act quickly and get your loved one to a hospital immediately.

F=Face Ask the person to smile. Does one side of the face droop?

A=Arm Ask the person to raise both arms. Does one drift downward?

S=Speech Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?

T=Time If you observe any of these signs, it's time to call 9-1-1 or get to the nearest stroke center or hospital.

Kentucky and S. Indiana Stroke Association
502/499-5757
www.strokekyin.org

Heart Disease and Stroke Prevention Program
275 East Main Street HS2WE
Frankfort, Ky. 40621
(502) 564-7996
<http://chfs.ky.gov/dph/info/dpqi/cd/cardiovascular.htm>

Journey to Wellness
Personnel Cabinet D.E.I.
501 High Street 2nd Floor
Frankfort, KY 40601
<http://personnel.ky.gov/dei/wellness>