



Kaiser Permanente Medical Center: San Rafael

Is celebrating Stroke Awareness Month with a free community event:

KEEPING YOUR BRAIN HEALTHY

Featuring *Dr. Dean Ornish* as our keynote speaker

When: Tuesday, May 15th 08:00-12:00 noon

Where: Marin County School District office

1111 Las Gallinas Ave., San Rafael **Note corrected address!**

Who: This event is open to the public; anyone with an interest in stroke and stroke prevention

Cost: Free

RSVP: Space is limited, please sign up to reserve a seat!

Please leave your name and phone number at:

Mary Kirkwood 415-444-2743

Or email to: mary.kirkwood@kp.org

Topics to include:

- Living Healthy
- Tips to Improved Balance and Reduce Falls
- Living with Memory loss
- Preventing Strokes
- Stroke Resources in the Community
- The Effects of Stress and Meditation on Brain Health and Mood

