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Central CT Health District offering FREE Stroke Screenings for Women in the Month of May

In recognition of May being designated National Stroke Month, The Central CT Health District in Partnership with the American Stroke Association, the CT Library Association, the CT Library Consortium, Hartford Hospital and the Hospital of Central CT will be offering free stroke screenings to women residents in the towns of Berlin, Newington, Rocky Hill and Wethersfield. This will give women an opportunity to evaluate their risk of stroke and learn about stroke prevention and warning signs. **A short Q&A session will start at 4 pm and the screenings will begin at 4:30.** Participants will have access to free stroke risk assessments, blood pressure and pulse checks and free materials.

FREE stroke screenings and education will be held at the locations and dates below:

May 5th – 4-7 pm– Berlin Peck Memorial Library – 234 Kensington Rd, Berlin

May 7th – 4-7 pm – Cora J. Belden Library – 33 Church St, Rocky Hill

May 12th – 4-7 pm Wethersfield Public Library – 515 Silas Deane Hwy, Wethersfield, CT

May 27th – 4-7 pm Newington’s Lucy Robbins Welles Library – 95 Cedar St, Newington

Stroke is the third leading cause of death in the United States, accounting for 150,147 deaths in 2004 (the most recent data available). About 700,000 Americans each year suffer a new or recurrent stroke. That means, on average, every 45 seconds someone in the United States has a stroke; and on average, every 3 to 4 minutes someone dies of a stroke. Women account for more than 6 in 10 stroke fatalities, and at all ages, more women than men die from stroke. In addition to being the third leading cause of death behind diseases of the heart and cancer, stroke is a leading cause of serious, long-term disability in the United States.

The screenings are free and open to the public but appointments are preferred. Light refreshments will be served.

Please contact Hilary Norcia, MPH – Community Health Coordinator at the Central CT Health District to make your screening appointment. 860-665-8571 or hnorcia@newingtonct.gov