

# MAY 2026 NEWSLETTER

## NATIONAL STROKE AWARENESS MONTH: KNOW THE SIGNS, PROTECT YOUR HEALTH

Stroke can happen suddenly, but many of the risk factors can be managed with the right care and lifestyle choices.

At Metro Health, we are committed to helping our patients stay informed, prepared, and supported when it comes to their health.

### What Is a Stroke?

A stroke occurs when blood flow to the brain is interrupted, either by a blockage or a bleed. Without oxygen and nutrients, brain cells begin to die within minutes, making stroke a medical emergency that requires immediate attention.

#### Know the Warning Signs:

##### Act FAST

Recognizing the signs of a stroke can save a life. Remember the acronym FAST:

- **Face Drooping:** One side of the face may droop or feel numb
- **Arm Weakness:** One arm may feel weak or numb
- **Speech Difficulty:** Slurred or difficult speech
- **Time to Call 911:** If you notice any of these signs, seek emergency help immediately

**Quick action can reduce long-term damage and improve recovery outcomes.**



While stroke can happen to anyone, certain factors can increase your risk:





- High blood pressure
- Diabetes
- High cholesterol
- Smoking
- Obesity
- Sedentary lifestyle
- Heart disease

Understanding your risk is the first step toward prevention.



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## 701 South Orange Blossom Trail Apopka, FL 32703

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 NOT A PATIENT YET? SCAN THIS CODE NOW TO JOIN GOLDEN TIMERS CLUB FREE!	1 TAI CHI/QIGONG AT 9:30AM	2
4	5 ZUMBA AT 10 AM 	6 K2 MEMORY SCREENINGS GARDENING 101 AT 1:00PM	7 TAI CHI/QIGONG AT 9:30AM	8
11	12 ZUMBA AT 10 AM  GOLDEN TIMER'S SENIOR "GRADUATION!" AT 11AM	13	14 TAI CHI/QIGONG AT 9:30AM	15
18	19 ZUMBA AT 10 AM PROTECTING YOUR MIND WELLNESS AT 11AM	20 GUITAR GROUP AT 11AM HAT'S AND HEALTH AT 11AM 	21 TAI CHI/QIGONG AT 9:30AM	22
25	26 ZUMBA AT 10 AM	27	28 TAI CHI/QIGONG AT 9:30AM	29

## 10025 East Colonial Drive Orlando, FL 32817

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Silver Sneakers WEEKLY EXERCISE CLASSES BY SILVER SNEAKERS	 NOT A PATIENT YET? SCAN THIS CODE NOW TO JOIN GOLDEN TIMERS CLUB FREE!		1 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	2 CHAIR YOGA AT 10AM LINE DANCING AT 11AM
4 TAI CHI/QIGONG AT 11AM	5 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM	6 ZUMBA AT 10 AM TAI CHI AT 11AM	7 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	8 CHAIR YOGA AT 10AM LINE DANCING AT 11AM
11 NO CLASS TODAY WHILE WE CELEBRATE: GOLDEN TIMER'S SENIOR "GRADUATION!" AT 11AM 	12 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM	13  K2 MEDICAL RESEARCH K2 MEMORY SCREENINGS ZUMBA AT 10 AM TAI CHI AT 11AM	14 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	15 CHAIR YOGA AT 10AM LINE DANCING AT 11AM CRAFTY CORNER: CLARITY IN YOUR VISION BOARDS AT 1:00PM
18 TAI CHI/QIGONG AT 11AM  Second Harvest FOOD BANK OF CENTRAL FLORIDA NUTRITION CLASS AT 12:30PM	19 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM	20 ZUMBA AT 10 AM TAI CHI AT 11AM CELEBRATE ASIAN AND PACIFIC ISLANDER MONTH AT 11AM	21 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	22 CHAIR YOGA AT 10AM LINE DANCING AT 11AM
25 TAI CHI/QIGONG AT 11AM	26 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM	27 ZUMBA AT 10 AM TAI CHI AT 11AM	28 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	29 CHAIR YOGA AT 10AM LINE DANCING AT 11AM