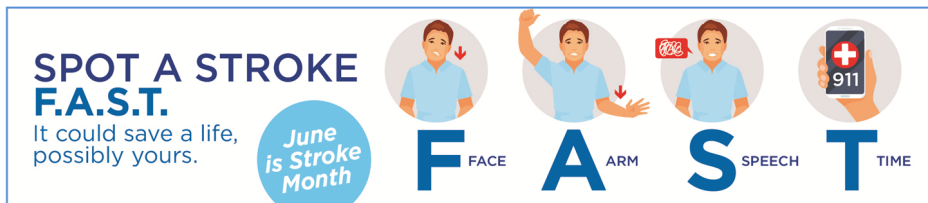


Virtual WALK WITH DOC Northern Hearts

Northern Hearts organizes the “Walk with Doc” program during the month of June to encourage healthy and active lifestyles by walking in the evenings with a featured physician.

Dr. Hassan, Medical Lead for Stroke and the Northwestern Ontario Regional Stroke Network along with the Network team have partnered with March of Dimes Canada to encourage people to participate virtually this year with the Walk with Doc program.

June is Stroke Month and the Northwestern Ontario Regional Stroke Network want to remind everyone about the importance of identifying the signs of a stroke. A stroke is a medical emergency. Treatment is still needed FAST even during the pandemic. The acronym **FAST** is a tool which makes recognizing stroke easy to remember. **Face** – is it drooping? **Arms** – can you raise both? **Speech** – is it slurred or jumbled? **Time** – call 911.



The stroke team promotes healthy lifestyles through active participation in activities such as walking, in an attempt to decrease the incidences of heart disease and stroke. Join the stroke team this month and reduce your risk of strokes by enjoying the great outdoors for a walk, stroll or roll.

