

Frazier Family Coalition
for Stroke Education and Prevention

May 2022 Newsletter

B.E.F.A.S.T Stroke Awareness



ALL PROGRAMS ARE FREE AND OPEN TO THE PUBLIC. TO REGISTER OR FOR MORE INFORMATION:
frazierfamilycoalition@jefferson.edu | 1300 W. Lehigh Avenue, #112 • Philadelphia, PA 19132 | 215-503-1821

Stroke Education Webinars

Hope after Stroke: The Healing Journey
Thursday, May 12: 6-7 p.m.

Paul M. Katz, MD, FCPP
Lakisha R. Sturgis, RN, BSN, MPH, CPHQ

Embracing Behavior Change to Prevent Stroke
Thursday, May 26: 6-7 p.m.

Glen Cooper, MD and Deborah Witt, MD

Community Day Event

May 19: 10 a.m. – 2 p.m.

- Soca dance lessons
- Blood pressure checks
- Health information
- Face painting
- Healthy snacks
- Giveaways and more

Interactive Zoom workshop

Understanding Stroke (*en español*)
Friday, May 20: 6-7 p.m.

Maria Diaz, MD and Magalie Perez, MPH

Neurorestoration Zoom Workshops (*3-part series*)
Tuesday, May 17: 12 – 12:30 p.m.

This virtual workshop will discuss how to improve daily function after a stroke. "Tips to Prevent Strokes and Help the Body and Brain Keep Active."

Mijail Serruya, MD

In-Person Events

Wellness Wednesdays

Health screenings every Wednesday: 11 a.m.–3 p.m.

Blood pressure, cholesterol, and diabetes

Wellness Workshops: 12-12:30 p.m.

- May 4: Managing Blood Pressure
- May 11: Control cholesterol
- May 18: Reduce blood sugar
- May 25: Get active

Thankful Thursdays

Frazier Family Focus Nutrition Workshops
12–12:30 p.m.

- May 5: Reading Food Labels
- May 12: Healthy Snacks
- May 19: Change Your Salty Ways
- May 26: Think Your Drink

First Fridays at Frazier

Friday, May 6: Great American Smokeout
North Philly Style 11a.m.–2 p.m.

Quitting smoking isn't easy. You don't have to stop smoking in one day. Start with day one. Come to the Frazier Center for smoking cessation resources and support to empower you to quit.



Jefferson Health.

TEMPLE HEALTH