



## **STRIDE AND STROLL FOR STROKE**

**SATURDAY, JUNE 12<sup>TH</sup>, 2010**

**9:00 – 10:00 REGISTRATION**

**10:00 RIBBON CUTTING**

**10:00 – 11:00 WALK AND ROLL**

**11:00 – 11:30 MC & PRIZES**

**LINCOLN FIELDS**

**2525 CARLING AVE**

**(PARA TRANSP: DOORS ON CARLING AVENUE)**

**A COMMUNITY ASSOCIATION THAT SUPPORTS THOSE WHO ARE AFFECTED BY STROKE THROUGH COMMUNITY RE-ENGAGEMENT, PROGRAMS, EDUCATION AND ADVOCACY**

### **HAVE YOUR FAMILY OR FRIENDS BEEN AFFECTED BY STROKE?**

One minute they are laughing, walking and talking and then SUDDENLY a burst or blocked blood vessel in the brain causes brain damage.

Brain damage caused by stroke can impair movement, sensation, speech, thinking, reasoning, memory, sexual function, and the regulation of emotions.

### **People can recover after a stroke!**

Early treatment and rehabilitation reduce disability! We are here in Ottawa to help you, your family and your friends in the event of stroke.

The Stroke Survivors Association of Ottawa (SSAO) advocates for effective treatment for stroke in Ottawa. We help stroke survivors and their families cope with the ensuing disability when they are discharged home from the hospital.

**But we need your help!**

### **WALK AND ROLL PROCEEDS**

The proceeds from the Stride and Stroll for Stroke raised in the Ottawa and surrounding areas will fund critical programs and services for Stroke Survivors Association. Programs such as the Peer to Peer Visitation program, education, and other community based programs & services. To learn more about SSAO and its programs, visit [www.strokesurvivors.ca](http://www.strokesurvivors.ca) or call 613-237-0650.

### **DID YOU KNOW?**

- That less than 20% of people who have a stroke in Ottawa are admitted to rehabilitation?
- Stroke is the leading cause of death and disability in Canada.

**HELP TURN STROKE DISABILITY INTO POSSIBILITY!**

**CHARITABLE NUMBER: 847679073RR0001**

**STRIDE AND  
STROLL FOR  
STROKE 2010**



*Helping Stroke Survivors  
In Your Community!*

	<b>Name</b> (Please print clearly)	<b>Full Address</b> (Please print clearly)	<b>Postal Code</b>	<b>Phone Number</b>	<b>\$</b> Cash or Cheque & Total	Receipt No/Yes (over \$25.00)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

**Charitable Number: 847679073RR0001**  
**If you need another pledge sheet, please print or**  
**call 613-237-0650**

Page # \_\_\_\_\_ of \_\_\_\_\_ Total Pg \$ \_\_\_\_\_

Walker's Name \_\_\_\_\_

Phone number \_\_\_\_\_