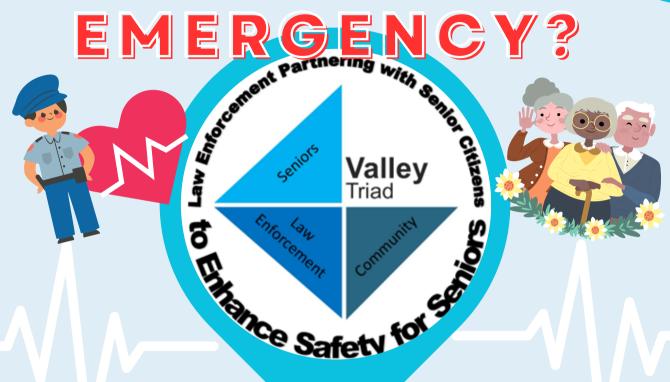


VALLEY TRIAD PRESENTS

11 WHAT'S YOUR



WEDNESDAY, JUNE 26 1P-3P

HJEMKOMST, MOORHEAD

MOLLY MURCH, STROKE PROGRAM EDUCATOR, **ESSENTIA HEALTH PRESENTS:**

Strokes are the fifth-leading cause of death in the United States according to the American Stroke Association and occur when blood flow to the brain is disrupted. Join us as Molly Murch discusses stroke symptoms, and risk factors. She will also share healthy tips for lowering your risk.

*Additional information on Life Alert options to be presented as well.

SAVE THE DATE FOR 2024 EVENTS:

> **NOV 20** FROM 1:00-3:00PM **SEPTEMBER 12** FROM 8:30-1:30PM HJEMKOMST, MOORHEAD