

# Judy's Run For Stroke Awareness Volunteer Committee Members Needed!



## Stroke Facts

- A stroke cuts off vital blood flow to the brain
- In the United States, strokes are the third leading cause of death
- Strokes kill 160,000 people each year and is the leading cause of adult disability
- Approximately 750,000 strokes will occur this year, however 500,000 of those can be prevented
- A stroke can happen to anyone, at any time, regardless of race, sex, or age even children as young as seven years old can suffer a stroke
- Only 2% of the 750,000 Strokes that occur reach a hospital for help, because people fail to recognize the symptoms of a stroke.

Judy's Run for Stroke Awareness is a not for profit 501(c)(3) organization dedicated to increasing awareness of stroke, stroke prevention and stroke treatment on Long Island. Through a yearly 5k race, JRSA has raised \$7,200 dollars towards this goal. Our next annual event is May 22, 2011 at Sunken Meadow Park. We are looking for some volunteers to help us.

By joining Judy's Run for Stroke Awareness as a committee member, you will be helping to raise stroke awareness throughout our community. Committee volunteers are needed for event promotion, marketing, contacting sponsors, and the day of event activities for the 3<sup>rd</sup> annual Judy's 5K Run in May.

**If you are interested in joining the committee for Stroke Awareness for this great cause, Please call Bob Zebrowski at 631.255.2516 or email [judysrun@gmail.com](mailto:judysrun@gmail.com) or [browski@optonline.net](mailto:browski@optonline.net) or visit [www.judysrun.com](http://www.judysrun.com)**

