



## Third Annual Judy's Run For Stroke Awareness

Sunday May 23, 2010 9:00 A.M.

At Sunken Meadow Park

5K Run and a Mile Fun Walk

Rain or Shine

On Sunday, May 23, 2010 at 9:00 A.M., a fundraiser will be held at Sunken Meadow Park in Kings Park, NY 11754. There will be a 5K Run and a 1 Mile Fun Walk. This event will be held to raise awareness for strokes and for those affected by them.

### Stroke 101

- A Stroke cuts off vital blood flow to the brain.
- In the U.S., Stroke is the third leading cause of death, killing 160,000 people each year, and the leading cause of adult disability.
- Approximately **750,000 strokes** will occur this year; however, 500,000 of those can be prevented.
- Stroke can happen to anyone at any time, regardless of race, sex or age.

### Mission

**Our Mission for Judy's Run for Stroke Awareness focuses 100 percent of its donated funds, goods and services on efforts to promote public awareness towards stroke detection, prevention, it's after effects, and where to get help. Judy's Run for Stroke Awareness achieves its mission to lower the incidence and impact of stroke by developing community awareness and education through community based, educational outreach programs as well as the Judy's Run for Stroke Awareness web-site and sponsored running and walking events.**

**Please join us on Sunday May 23rd in support of this GREAT cause. If you can't join us on Sunday, please feel free to make a donation to "Judy's Run for Awareness". You can obtain donation and sponsorship forms, by going to [www.judysrun.com](http://www.judysrun.com)**

**You can also signup for the run or donate online by going to: [www.JUDYSRUN.com](http://www.JUDYSRUN.com)**

**For more information, please call Bob Zebrowski at 631-255-2516 or e-mail at [browski@optonline.net](mailto:browski@optonline.net)**