



5K Run and a Mile Fun Walk



Seventh Annual

Judy's Run For Stroke Awareness

Sunday, May 18th, 9:00 A.M.

At The Gazebo

5K Run and a 1-Mile Fun Walk

Rain or Shine

On Sunday, May 18, 2014 at 9:00 A.M., a fundraiser will be held at The Gazebo across from Nesconset Plaza, 127 Smithtown Blvd., Nesconset, NY 11767. There will be a 5K Run and a 1-Mile Fun Walk. This event will be held to raise awareness for strokes and 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.
- About **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% 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 website and sponsored running and walking events.

Bringing Stroke Awareness out of the Shadows™

Please join us on Sunday, May 18th in support of this GREAT cause. If you cannot join us on Sunday, please feel free to send your donation to "Judy's Run for Awareness". You can obtain donation and sponsorship forms and signup for the run online by going to WWW.JUDYSRUN.COM.

Judy's Run for Awareness is a non-profit 501(c)(3) organization comprised of dedicated volunteers. 100% of all donations go directly to efforts to promote Stroke Awareness, Prevention, and Aftercare. All Donations Are Tax Deductible under section 170 of the IRS Code.

For more information, please call Bob Zebrowski at 631-255-2516 or e-mail: judysrun@gmail.com