



# Health and Wellness Tip of the Week

Week 8 - February 18, 2019

## Recognizing Stroke

Stroke accounts for one of every nine deaths in the U.S. Knowing the signs can help you recognize when a stroke is happening. Remember the word FAST:

- **F**ace drooping
- **A**rm weakness
- **S**peech trouble
- **T**ime to call 9-1-1

Notice the signs and make a difference today.

*Source: American Stroke Association*

### City of Mission

Human Resources Department  
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Our mission is to promote health awareness and encourage healthy lifestyles.

[www.missiontexas.us](http://www.missiontexas.us)

