

## How you can Help

- Join SSEEO and the AHA You're the Cure Advocacy Network
- Volunteer and be trained as a member of the SS2S telephone support program and help others through their stroke journey
- Represent SSEEO at health fair, events or stroke support groups
- Be an expert speaker sharing your expertise or stroke story
- Fundraise and host a third-party event or make a donation
- Share the FAST or BEFAST message!