



As we prepare to close out another year at SSEEO, we look back with appreciation to our sponsors, donors, and volunteers who continue to support the stroke community and our mission.

On behalf of the SSEEO Board of Directors, may the magic of the holiday season fill every corner of your heart with warmth, light and love.

Wishing you a merry and bright holiday!

During all the gifts and good times, the holiday season may involve a higher risk of stroke.

Celebrations often include rich foods and alcohol – and busier social calendars leaving less time for exercise and sleep. Your body can be affected by additional stress from party preparations; shopping for gifts; increased expenses or traveling; many other holiday activities; and cold weather, too.

Give yourself time to sleep and relax, it's important! Be mindful about what you eat, drink, and do. Balance indulgent treats with healthy choices; make time for physical activity; connect with friends and family, and make sure to know the signs and symptoms of stroke.

SPOT A STROKE

LEARN THE WARNING SIGNS AND ACT FAST



B E F A S T



BALANCE

LOSS OF BALANCE,
HEADACHE
OR DIZZINESS



EYES

BLURRED VISION



FACE

ONE SIDE OF THE
FACE IS DROOPING



ARMS

ARM OR LEG
WEAKNESS



SPEECH

SPEECH DIFFICULTY



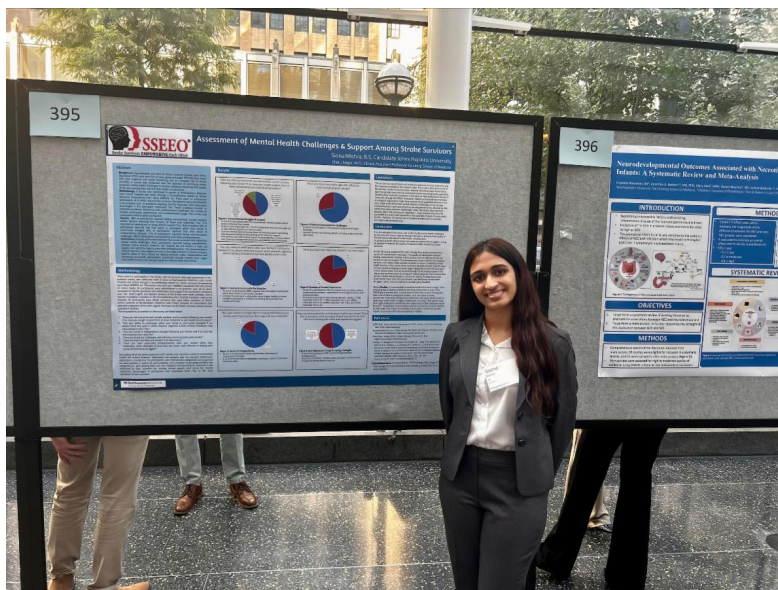
TIME

TIME TO CALL
FOR AMBULANCE
IMMEDIATELY



Students Making a Difference in the Stroke Community

Siona Mishra – “I am a sophomore at Johns Hopkins University majoring in neuroscience and grew-up in Round Lake, IL. This summer, I had the amazing opportunity to work with SSEEEO on a research project exploring the mental health of stroke survivors. In the future, I hope to combine my passion for research and patient care to improve outcomes for those recovering from strokes and other neurological conditions.”



SSEEEO Poster - Mental Health Challenges and Stroke at the 18th Annual Lewis Landsberg Research Day, Northwestern Medicine Feinberg School of Medicine.

Sumner Silver – “I am a junior at Highland Park High School. I hope to attend college on a premed track and eventually become a doctor.

This summer, I had the opportunity to interview volunteers and create videos showcasing their work while encouraging others to get involved. Meeting these remarkable volunteers and learning about their contributions to SSEE was truly inspiring.”



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SSEE

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