

For immediate release: Monday, June 23, 2008

Media Advisory/ Photo Opportunity

York Central Hospital Hosts Stroke Awareness Day!

Richmond Hill, ON: Do you know the five warning signs of stroke? The five warning signs according to the Heart and Stroke Foundation of Canada are: **Weakness** - Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary; **Trouble speaking** - Sudden difficulty speaking or understanding or sudden confusion, even if temporary; **Vision problems** - Sudden trouble with vision, even if temporary; **Headache** - Sudden severe and unusual headache and **Dizziness** - Sudden loss of balance, especially with any of the above signs. If you or someone close to you has these symptoms, call 9-1-1 immediately. Help is available.

Please join us on Tuesday, June 24 as York Central Hospital's District Stroke Centre celebrates Stroke Awareness Day with displays on stroke warning signs and symptoms, and hosts the Heart and Stroke Big Bike!

The Big Bike Event for the Heart and Stroke Foundation of Canada is expected to raise more than \$15,000 for Heart and Stroke Research. Join us for this fun and interactive event! Big Bike is one of the Heart and Stroke Foundation's most FUN-raising fundraising events. Causing a commotion wherever it goes, the event is named after the 30-seat bicycle that teams of enthusiastic riders pedal through 200 communities across nine provinces – raising funds, attention and laughs along the way.

Who: York Central Hospital staff and friends

Where: Big bike rides begin in the parking lot of Alexander Mackenzie High School (facing Trench St.), then along community roads, returning back to the high school between trips.

When: Tuesday, June 24

Time: Half-hour Big Bike rides will be ongoing from 9:00 a.m. to 12:30 p.m.

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