

IF YOU SEE THE WARNING SIGNS OF A STROKE, ACT...

Experience
One *Sun* WELLNESS

F

FACE

Has their face fallen
to one side?
Can they smile?

A

ARMS

Can they lift both
arms and keep
them there?

S

SPEECH

Are they slurring
their words?

T

TIME

Call 10111 or get them
to a hospital quickly

If you or someone experiences these symptoms, get help immediately.
The quicker you act, the better the chance of recovery.

COACHING | COUNSELLING | HEALTH INFORMATION | ADVICE

Call **0860 111 322**

WhatsApp (Text) 061 438 7903

Callback *134*20068#

help@lifeassist.co.za yourlifeassist.co.za/sunint

FREE • VOLUNTARY • PROFESSIONAL • PRIVATE • CONFIDENTIAL

SAVE THE
DETAILS

