



STEP UP FOR STROKE WALK

Start Stroke Month with us at the Step-Up for Stroke event, a stroke-smart way to raise awareness and promote prevention together.

Date:

**Monday
June 1, 2026**

Time: **12 p.m.**

Meeting Spot:

Outside of Medical Building

**You can choose between
two walking groups:**

15-minute walk

(12:00 p.m. - 12:15 p.m.)



30-minute walk

(12:00 p.m. - 12:30 p.m.)

Each led by a designated leader to keep everyone together.

