



Saturday, May 18, 9 – 11 a.m.
Bill Schupp Park, McAllen

SOUTH TEXAS HEALTH SYSTEM® PRESENTS STEPS FOR STROKE – A COMMUNITY EVENT DEDICATED TO SUPPORTING THE FIGHT AGAINST STROKE

The South Texas Health System Neurosciences & Stroke Institute invites you to take part in our special Steps for Stroke event to commemorate American Stroke Month. The event will include tips on reaching the CDC-recommended goal of 10,000 steps per day while bringing together stroke survivors and their families, friends and caregivers to raise awareness and promote the importance of physical activity. Activities include:

- Strength Training
- Agility Training
- Functional Movement
- Endurance Training, and more!

REGISTER ONLINE AT:

STHSActive.com

T-shirt guaranteed for all participants who register by the deadline.
Registration Fee: \$15

For more information contact the STHS Marketing Department at 956.388.2020 or STHSMarketing@uhsinc.com

Bill Schupp Park • 1300 Zinnia Ave., McAllen, TX 78504

Join stroke survivors, the stroke care community, and the loved ones of those lost to stroke as we celebrate the courage of survivors and their families, as well as those who are no longer with us.



All proceeds raised will benefit a local non-profit organization.



Physicians are independent practitioners who, with limited exceptions, are not employees or agents of South Texas Health System. The System shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 242055402-2135242 5/24