

Your Health Connection

Join us for exciting presentations by two healthcare experts. Each program is engaging, informative, and audience members will have the chance to ask questions. Breakfast will be provided.

**Registration is required by calling the
Neptune Beach Senior Activity Center at (904) 270-1688.**

Thursday, May 25 at 8:30am
Breakfast provided - registration required

“Stroke Awareness: Think FAST”

Stroke is a brain attack, cutting off vital blood flow and oxygen to the brain. Would you recognize the symptoms of stroke? Would you know what to do?

Learn more from Baptist Health neurologist Casey Carrigan, MD.

“Comfort with Massage Therapy”

Massage therapy can relieve pain and tension, improve circulation, decrease stress, calm fears and anxiety, and help you sleep. Learn the history of massage, different types of massage and the techniques for relaxation and comfort.

Neptune Beach Senior Activity Center
2004 Forest Avenue
Neptune Beach, FL 32266

Presented by:


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