

World Stroke Day

Stroke remains a leading cause of death and long-term disability worldwide. Knowing the warning signs of stroke and acting fast can save lives. Join us for World Stroke Day on **October 29th** and commit to learning and sharing the B.E. F.A.S.T. warning signs with your co-workers, friends and family.

Below are some sample social media messaging that you can share with the World Stroke Day images provided. For additional facts and information, please visit the [stroke information page](#) on our website and feel free to add it to your social media pages for World Stroke Day.

Please feel free to copy and paste from below, or use personal photos, tweak the below messages, and/or swap out facts and information with what makes the most sense for you personally to share. We also have our [BE FAST warning signs imagery](#) that can be shared as well.

- Stroke is a leading cause of disability worldwide. Join me in celebrating #WorldStrokeDay by learning the warning signs of stroke and sharing them with others today. When it comes to stroke, every minute counts!
- Today is #WorldStrokeDay! Help me celebrate by learning the warning signs of stroke and sharing them with others.
- Did you know that every 40 seconds someone in the United States has a stroke? Learning the BE FAST warning signs can help save more lives. #WorldStrokeDay
- Did you know that 80% of strokes are preventable? Knowing your risk factors and adopting healthy habits can help lower your risk. Visit the link in my bio to learn more! #WorldStrokeDay
- On Sunday I will be running the TCS New York City Marathon as a member of Tedy's Team to raise awareness and funds for stroke and heart disease. Celebrate #WorldStrokeDay with me by learning the warning signs of stroke today! Visit the link in my bio to learn more about my personal connection and to support my fundraising efforts.

If you have any questions or are looking for additional information, please reach out to Allison@tedysteam.org.