

# How to Decrease Your Risk of Stroke and Live a Healthier Life



Saturday  
1/20/24 • 2:30 PM  
Community Room

Do you want to live longer, have better quality of life, and reduce your chances of heart attacks, strokes, cancers, and more? You can do so by modifying certain day-to-day habits. Dr. Lucas Ramirez, a vascular neurologist specializing in the prevention and treatment of neurologic emergencies, will outline a short list of simple and practical changes you can make and show you why they can help lower your risk of stroke and change your health for the better.

This San Diego Oasis presentation is free to attend thanks to the generosity of the Friends of the Mission Hills-Hillcrest Branch Library.



**Mission Hills-Hillcrest/Knox Library**

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