

Life begins at **40**

Don't let stroke stop it.

You don't have time for a stroke, right? With work and family to deal with, few of us do, so don't be one of the 2,000 people under 65 affected by stroke each year.

Make time for a simple **blood pressure check** now, and find out what you need to do to avoid stroke at:

irishheart.ie

Let's Strike Before Stroke!

