

Zumbathon Charity Event to raise funds and awareness for Stroke Association

Home Care Preferred, a local care agency based in Winchmore Hill, are sponsoring a Zumbathon Charity Event organised by Sonia Tonge Zumba. "I am joining forces with other Zumba instructors to raise money for The Stroke Association, an organisation very close to my heart. The day will provide Zumba exercise sessions for all age groups, from children through to older people, and those with limited mobility. The day promises to be a lot of fun and is very much a community event. Zumba provides a huge variety of dance based exercise classes including Zumba Gold which is low impact, Zumba basic for people looking for a more active session and even Zumba for kids" explained Sonia.

Facial weakness: Can the person smile? Has their face fallen on one side?

Arm weakness: Can the person raise both arms and keep them there?

Speech problems: Can the person speak clearly and understand what you say? Is their speech slurred?

Time: If you see any one of these three signs, it's TIME to call 999. Stroke is always a medical emergency that requires immediate medical attention.

Recognising the signs of stroke or mini-stroke and calling 999 for an ambulance is crucial. The quicker a patient arrives at a specialist stroke unit, the quicker they will receive appropriate treatment and the more likely they are to make a better recovery. If you suspect a stroke, always dial 999.



Facial
weakness



Arm
weakness



Speech
problems



Time
to call 999



The event will be held at Waterhouse Hall, (behind United Reform Church) 77 Compton Road N21 3NU on Sat 25th July from 11am to 4pm. Everyone is welcome. For more information call Sonia Tonge 07957 971 473

www.soniatonge.zumba.com

Ken Waterhouse, Managing Director at Home Care Preferred, commented, "Our Care Agency supports many people who have had a Stroke and we are always trying to raise awareness. We feel the Zumbathon will be a great opportunity to get the message to the local community and also raise some money". The Stroke Association encourage people to remember **FAST** and provide the following advice for signs of a Stroke and the action to take:



HOME CARE PREFERRED

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