

For Immediate Release

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City of Orlando & Orange County Proclaim Global Stroke Resource as Champion of World Stroke Day Local Nonprofit Leads Worldwide Observance Day

ORLANDO, Fla. (October 16, 2014) – According to the World Health Organization, stroke is the second leading cause of death worldwide and leading cause of disability. Despite these staggering statistics, stroke risk factors and symptoms remain largely misunderstood by the general public. In an effort to save lives, organizations dedicated to stroke prevention and recovery – including Global Stroke Resource (Bcenter.com) based in Central Florida (founded by stroke survivor Valerie Greene) – are urging residents and businesses to participate in **World Stroke Day on Wednesday, October 29, 2014**. The World Stroke Campaign, City of Orlando, and Orange County have each deemed Global Stroke Resource as a champion for World Stroke Day, with specific recognition of the nonprofit organization's [365 Stroke Challenge](#).

Stroke costs the U.S. an estimated \$36.5 billion each year. This total includes the cost of health care services, medications to treat stroke, and missed days of work. Sadly, every 2 seconds, someone in the world suffers a stroke and every 6 seconds, someone dies of a stroke. But knowledge is brain power and, in fact, 80% of all strokes can be prevented!

Here are 5 ways to participate in Global Stroke Resource's **365 Stroke Challenge** for World Stroke Day:

1. **DONATE \$36.50** in memory of a loved one, friend, or to celebrate survivorship. [Proceeds to fund educational programs and survivor/caregiver resources.]
2. **HOST a casual workplace Wednesday**. Ask each employee to donate **\$3.65** to wear jeans in support of World Stroke Day on Wednesday, October 29, 2014.
3. **DOWNLOAD** the Global Stroke Resource [Stroke Educational Toolkit](#) to learn about stroke prevention and recovery.
4. **COMMIT to 365** days of healthy living! Limit your risk of stroke or aid your recovery with Bwell, Bempowered, and Bconnected strategies found on [Bcenter.com](#).
5. **SHARE** stroke warnings signs with **3, 6, or 5** people via email or conversation. Symptoms can include:
 - Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
 - Sudden confusion, trouble speaking or understanding
 - Sudden trouble seeing in one or both eyes
 - Sudden trouble walking, dizziness, loss of balance or coordination
 - Sudden severe headache with no known cause

Participation in this single observance day could translate into thousands of lives saved from stroke death or disability. To learn more, visit [Bcenter.com](#) or call (888) 942-Bwell (9533).

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About Bcenter: Global Stroke Resource, Inc., dba Bcenter.com, is a registered 501(c)(3) nonprofit organization with a mission to empower, educate and light the path to recovery for stroke survivors and families. Bcenter is dedicated to providing treatment resources, hope and direction. **Founder Valerie Greene** personally overcame grim odds in the aftermath of two debilitating strokes that nearly took her life at just 31 years old. Acknowledging that her miraculous survival and recovery could impact others afflicted by stroke or any disability, Greene crusaded for years to support healthcare advocacy, programs and education, and now serves as a stroke coach. Visit [Bcenter.com](#) or call (888) 942-Bwell (9355).