

## EVERY 45 SECONDS AN AMERICAN IS HAVING A STROKE!

It happened to a young, healthy and active doctor and it can happen to you!

Dr. Richard J. Heck shares his story  
as a Stroke Survivor & Advocate



Central Valley - Recovery • Awareness • Preventing Strokes

When: Thursday, July 24, 2008  
Time: 3PM-5PM  
Where: Health Plan of San Joaquin,  
Community Room  
7751 South Manthey Road  
French Camp, CA 95231



Richard J. Heck, MD CWS

Dr. Heck has been in private practice in Modesto for eleven years. He is currently a physician at St. Luke's Family Practice. His special interests include patient education, wound healing and holistic medicine. He has been recognized at the state and local level for outstanding community service. He enjoys scripture study, traveling, and sports.

After surviving a stroke himself, Dr. Heck helps others understand the symptoms that lead to a stroke and some of the physical and emotional challenges that survivors deal with.

Sincere in his presentation as he shares his story, Dr. Heck is an example that a stroke can happen to anyone and everyone should know the symptoms. His PowerPoint presentation includes some of his own x-rays as he speaks in detail about his experience as well as his recovery. With support, perseverance and many blessings, Dr. Heck delivers a candid, motivating and informative presentation that should be heard by everyone, including other survivors and medical professionals.

Presented by

This month's CV-RAPS program  
is **FREE** with your **RSVP**

209-234-2802



Special thanks to Health Plan of San Joaquin for the use of its facility and support of Healings in Motion