



Public Announcement

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Local Doctor had a Stroke and Shares his Experience and Recovery to Help Prevent Yours

(French Camp, CA) – Do you ever wonder why so many people are having a Stroke? Everybody seems to know someone who has had one. According to the National Stroke Association, 700,000 strokes occur in America each year and an astounding 600,000 of them are preventable. Local physician, Dr. Heck, shares what happened when his stroke occurred, his desperate quest to find out what happened, his journey to recovery and what he discovered after experiencing a stroke first hand.

Dr. Richard Heck had a successful medical practice when he had a stroke at the age of 37. He was unconscious for about 20 minutes, but through the quick actions performed by his wife, who performed cardio pulmonary resuscitation, doctors and many blessings, Dr. Heck survived a major life threatening experience. Understanding the symptoms of a stroke was an intricate part of his recovery as his wife came to his rescue by taking quick action. Today Dr. Heck has a special medical ministry and with his partner, Dr. Robert Forrester, has developed a one-of-a-kind model for charitable medical care.

Meet Dr. Heck at this month's CV-RAPS program Thursday, June 24th; 3-5 pm. It will be at Health Plan of San Joaquin, located at 7751 South Manthey Road, French Camp, CA; west of Hwy 5 at the Matthews ext. next to the San Joaquin General Hospital.

This meeting is FREE to the public with your RSVP by calling 209-234-2802.

Central Valley Recovery, Awareness, Preventing Strokes, "CV-RAPS", is a program offered by Healings in Motion, and brings together consumers and professionals for collaboration for better health. For more information, contact Mary Nicholson, Executive Director, Healings in Motion at (209) 234-2802 or email:

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To learn more about Dr. Richard Heck and his unique medical practice visit

<http://www.stlukesfp.org/physicians.htm>

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