

A close-up portrait of a man with short, dark hair and a light beard, looking directly at the camera with a serious expression. He is wearing a dark t-shirt. The background is a warm orange with abstract, curved shapes.

Father, husband,
friend, construction
worker.

Jamie was just
39 years old when
he had his stroke.

Dads have strokes.

Stroke affects 1 in 4 of us. Reduce your risk.
Visit stroke.org.nz/we-all-know-someone
0800 STROKE (0800 78 76 53)



Papa, board director,
PhD student, Waka
Ama paddler.

Tereki was just
52 years old when
he had his stroke.

Koro have strokes.

Stroke doesn't discriminate.
Protect yourself and your loved ones.
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**Mother, personal
trainer, friend,
health coach.**

**Megan was just 39
years old when she
had her stroke.**

Families have strokes.

Stroke affects younger people like you.
Learn the signs of stroke.

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A close-up portrait of a woman with short, dark, slightly graying hair. She has a serious expression and is looking directly at the camera. She is wearing a black top and small hoop earrings. The background is a solid orange color with some abstract, darker orange shapes.

Mum, sister, veterinary technician, tramper.

Naomi was just 53 years old when she had her stroke.

Mums have strokes.

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Son, mate, advocate,
swimmer.

Justus was only
18 years old when
he had his stroke.

Teenagers have strokes.

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We all know someone.

Stroke Aotearoa New Zealand's
national stroke awareness campaign.

Stroke affects 1 in 4 of us. It does not discriminate.
Protect your loved ones and learn from everyday
people like you.

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