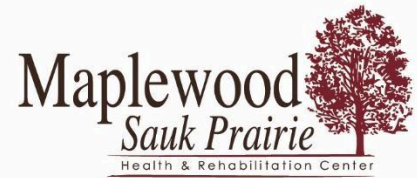
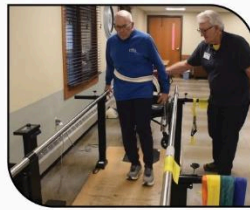




Rehabilitation  
Assisted Living  
Memory Care  
Long-term Care



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## National Stroke Awareness Month | May 2026

A stroke is a life-changing event that no one expects. While prevention is the first priority, knowing where to turn for recovery is the key to regaining your life. At **Maplewood Sauk Prairie**, we don't just provide care, we provide the path back to your most independent self.

### Know the Signs (B.E. F.A.S.T.)

The best way to treat a stroke is to catch it immediately. If you or a loved one experience these symptoms, call 911 right away.

**B - BALANCE:** Sudden loss of balance or coordination.

**E - EYES:** Sudden vision changes or double vision.

**F - FACE:** One side of the face droops or is numb.

**A - ARM:** Sudden weakness or numbness in one arm.

**S - SPEECH:** Slurred speech or difficulty speaking.

**T - TIME:** Time to call 911. **Every minute counts.**

Because muscles can atrophy in only two days, Maplewood owns and utilizes specialized mobility equipment to keep you active and upright. Alongside our expert Physical, Occupational, and Speech Therapy team, we offer other modalities such as E-Stim therapy. It is a drug-free solution to manage pain, boost circulation, and restore muscle function.

What sets Maplewood apart is our commitment to "real-world" readiness. While most facilities limit you to flat, indoor surfaces, our indoor and outdoor gyms allow you to master the actual environments you'll face at home. By practicing on our specialized outdoor terrain, which includes grass, gravel, inclines, and curbs, you build the true physical confidence needed to navigate your own backyard and community safely.

**Maplewood's Mission:** To get you stronger, restore your confidence, and get you back to the home you love.