

May is National Stroke Awareness Month



“A stroke, sometimes called a brain attack, occurs when something blocks blood supply to part of the brain or when a blood vessel in the brain bursts.

In either case, parts of the brain become damaged or die. A stroke can cause lasting brain damage, long-term disability, or even death.”

“The brain controls our movements, stores our memories, and is the source of our thoughts, emotions, and language. The brain also controls many functions of the body, like breathing and digestion.

To work properly, your brain needs oxygen. Your arteries deliver oxygen-rich blood to all parts of your brain. If something happens to block the flow of blood, brain cells start to die **within minutes**, because they can't get oxygen. This causes a stroke.”

Here are some fast facts about strokes:

- In the United States in 2022, **1 in 6 deaths** (17.5%) from cardiovascular disease was due to stroke.
- Every 40 seconds, someone in the United States has a stroke. Every 3 minutes and 11 seconds, someone dies of stroke in this country.
- Every year, more than **795,000 people** in the United States have a stroke.
- About 610,000 of these are first or new strokes.
- Stroke is a leading cause of serious long-term disability.
- Stroke reduces mobility in more than half of stroke survivors age 65 and older.

~ www.cdc.gov/stroke

TEEN COURT NEWSLETTER

May 2025

UPCOMING CLASSES

Stroke Awareness & Prevention- La Plata

Learn about BEFAST and more in this information session on stroke.

Next Class: Tuesday, May 06, 2025

Location: CCSO Headquarters Building

Discover Your Local Library - La Plata

Learn about the Charles County Public Library's programs and resources, including their Discovery Lab.

Next Class: Monday, May 12, 2025

Location: CCSO Headquarters Building

Mother Daughter Series - La Plata

Learn and experience the benefits of mediation, movement, and showing empathy to each other. This session's theme is Be Creative!

Next Class: Tuesday, May 20, 2025

Location: CCSO Headquarters Building



Thank you for
celebrating 24 years
of Teen Court!



For more information on
Upcoming Classes & Events,
check out our website:



Teen Court Website

If you would like to subscribe to the Teen Court Newsletter, use the subject 'Teen Court Newsletter' to one of the contacts below:

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