

**PRESS RELEASE FROM  
LEGISLATOR JOHN M. KENNEDY, JR.**

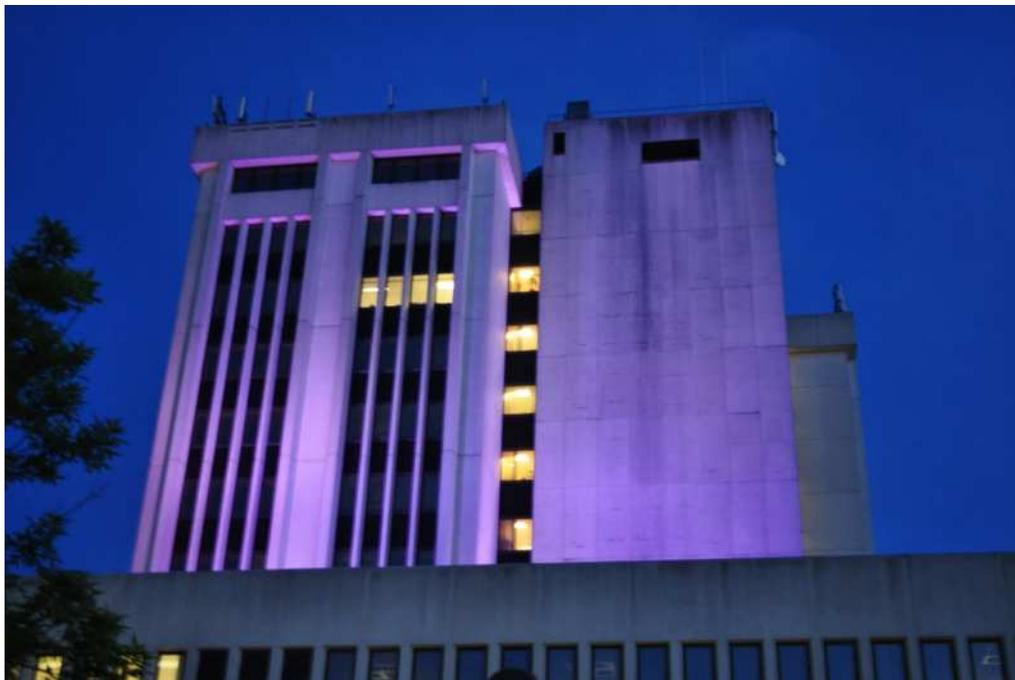


**FOR IMMEDIATE RELEASE**  
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**JUDY'S RUN SETS NEW RECORD WHILE RACING FOR STROKE  
AWARENESS AND PREVENTION**

**May 25, 2012:** On May 20, 2012, Judy's Run for Stroke Awareness held their 5<sup>th</sup> Annual Run for Stroke Awareness and Prevention at Sunken Meadow State Park. Legislator John M. Kennedy, Jr. illuminated the H. Lee Dennison Executive Office Building in a purple glow every evening during the week leading up to the Run to commemorate National Stroke Awareness Month, further public awareness of strokes and its effect on stroke victims, their families and friends as well as bringing attention to the 5th annual Judy's Run for Stroke Awareness and Prevention.



This year Judy's Run attracted over 150 participants, the highest number of runners in the five year history of the event. In addition to the runners running to raise awareness and funds towards Stroke Awareness, the event attracted many health professionals who were on site to offer aid as well as to take the blood

pressure and vitals of the participants. Further, even more volunteers were on hand to give information out to educate the public about stroke awareness and the crippling effect it has on stroke victims and their families.

Stroke awareness remains mostly hidden out of the mainstream, neglected by the major fundraising events and ignored by the media. The effort to raise stroke awareness, to educate and to prevent is a massive undertaking. However, until America becomes comfortable with the idea of preventing strokes and are willing to talk about it, to acknowledge its toll on this country and families, Stroke Prevention will remain in the shadows.

“Events such as Judy’s Run for Stroke Awareness will help bring stroke awareness out of the shadows through the education of the public about strokes, how they can be prevented and how to assist someone who has suffered a stroke. Most people are not aware that every 40 seconds someone suffers a stroke while every four minutes someone dies from a stroke,” said Legislator John M. Kennedy, Jr.



“Although this year’s run was the best one yet, Bob Zebrowski has always done a wonderful job with Judy’s Run and he has set the bar even higher for next year”, said Kennedy.



Please help bring stroke awareness out of the shadows by supporting this worthy cause. Please visit the Judy's Run website to register for the next event and learn more about stroke awareness and how you can help. The website is [http://judysrun.com/about\\_judys\\_run.php](http://judysrun.com/about_judys_run.php).