



We can almost guarantee  
fewer **strokes**.

**STROKE  
REDUCTION**

GOLF CLASSIC™

**May 18, 2020**

Thousand Oaks Golf Club  
Grand Rapids, Michigan

To benefit

**SPECTRUM HEALTH**  
Foundation



# No matter what your scorecard says.

Dear Friend,

May is Stroke Awareness Month. I confess I didn't know that until my brother-in-law Larry Lorenz and mother-in-law Stephanie Lorenz were both unexpectedly felled by strokes. Then I learned that one American dies from a stroke every four minutes – and that many of these deaths are preventable.

We developed this Stroke Reduction Golf Classic to benefit the Spectrum Health Stroke Team. Your participation will enable them to educate more local residents about the risk factors, signs and symptoms of stroke.

**Some of the activities that the proceeds have supported include:**

- Spectrum Health Stroke Camp and monthly Stroke Support Groups for patients and care givers to provide resources, support and wellness information.
- Stroke education to numerous community events.
- Stroke-specific nursing and EMS education course offered at each hospital in the Spectrum Health System.
- Stroke awareness night with GR Griffins providing thousands of attendees the education to identify early warning signs of stroke.
- Efforts have specifically helped a number of event attendees and/or their loved ones recognize and address stroke symptoms at their early stages.

The dual objective of the Stroke Reduction Golf Classic is "Reducing Strokes in Life and Golf through Knowledge and Action." Participants will learn techniques to improve their golf game and to reduce the chances of experiencing a stroke, all while enjoying a fun-filled day on and off the course.

We invite you to join us for a day of golf that can make a difference in the lives of countless others. And we hope that you can count the strokes you saved by taking advantage of the learning opportunities with the golf clinics offered at the event. We would love to see you in May!

Warm Regards,

**Steve Field**  
sfield@inradinc.com

## Schedule of Events May 18, 2020

### Thousand Oaks

Registration/Driving Range	10:30 am – 1:00 pm
Mike Shannon Clinic	Noon – 1:00 pm
Shotgun Start	1:00 pm
Cash Bar Open, Live Auction and Raffle Results at <b>Thousand Oaks</b>	4:30 – 6:00 pm
Strolling Dinner, Awards, Prizes	6:00 – 7:00 pm

## Stroke Risk Factors

Your age, gender, race, family history of stroke and personal history of stroke are risk factors you can't change. But you can help offset these risk factors by:

- Controlling your blood pressure
- Managing diabetes
- Stopping cigarette smoking and tobacco use
- Lowering your cholesterol levels
- Getting plenty of exercise (like golf!)
- Maintaining a healthy weight
- Limiting your alcohol use
- Seeking medical treatment for heart disease, including abnormal heart rhythm



## Event Format

Four-person scramble with two-putt maximum per hole when putting from the green.

## Golf Course

### Thousand Oaks Golf Club

4100 Thousand Oaks Dr. NE • Grand Rapids, MI 49525 • 616-447-7750 • [www.thousandoaksgolf.com](http://www.thousandoaksgolf.com)

## Putting Improvement Clinic

A putting clinic is offered prior to golf with *Golf Digest* Top 50 Instructor, Mike Shannon, Putting Instructor for the pros. Putting improvement is one of the most effective ways to reduce strokes in your golf game, and is one area that amateurs can become as good as the pros. The first 100 registrants will receive one of the best putting training aids on the market, The Putting Arc®. Over 1,500 pros have used or are using The Putting Arc, and Mike can show us how to take advantage of the device to improve our putting. In addition there is a sponsorship opportunity to play in Mike's foursome.



### Mike Shannon

Putting Instructor  
TPC Sawgrass  
Ponte Vedra Beach, FL

- Named as one of America's 50 Best Teachers 2010-2019 - *Golf Digest*
- Named as Top 100 Instructor from 2011-2019 - *Golf Magazine*
- Three Time PGA Section Teacher of the Year
- Inventor of the Laser Optics Putting Instruction System
- He has worked with over 150 players from the PGA Tour, Champions Tour, LPGA Tour and European Tour
- Currently works with Matt Kuchar, Harris English, Lucas Glover, Heath Slocum, Casey Wittenberg, Johnson Wagner, Amelia Lewis, Blake Adams and Dori Carter

**Mike conducted a Putting Improvement Clinic during a previous Stroke Reduction Golf Classic, and this is what some of the participants said:**

*Mike Shannon's putting clinic proved to be a true stroke saver! He passed along fundamentals on grip, aiming, and speed and distance control that I could immediately use on the practice green and the course. I make more putts today and continue to see improvement.*  
Jay E.

*I really appreciated Mike Shannon's putting clinic and also his great stories. I never would have guessed that I could learn that much without working one-on-one with an instructor, but Mike's very practical advice and excellent tips improved my putting, increased my confidence and saved me from buying a new putter!*  
Bob E.

*What a great clinic! Mike's putting techniques are simple to understand and practical for golfers of all levels.*  
Tom S.

*Mike Shannon analyzed the physics behind the putting stroke, and he breaks down the stroke to a few basic fundamentals. I saw a dramatic improvement in my putting after attending Mike's clinic mainly due to his explanation on the importance of ball position as well as developing the correct tempo. Because of his "keep it simple" style of teaching it was easy to take the changes in my stroke to the course and see real results. Thank you Mike!*  
Steve Q.



## FREE Putting Arc®

The first 100 registrants will receive a free Putting Arc to help reduce strokes in the putting game, an area where amateurs can be as good as the pros. The Putting Arc retails for \$35.95 so register early to get your free device. The Putting Arc has been a very popular putting aid for the top touring pros, top amateurs and the best college players over the years. It is small, light and portable, easily fitting into your golf bag.

**Reducing Strokes in Life and Golf through Knowledge and Action™**

## Sponsorship Opportunities

### Memorial for Loved One

The Stroke Reduction Golf Classic was inspired by the passing of Larry Lorenz, who suffered a stroke at a young age. For those interested in having a Memorial Sign created in memory of a loved one at the SRGC, please see the registration page at [www.strokereductiongolfclassic.com](http://www.strokereductiongolfclassic.com).

### Other Sponsorship Opportunities

Sponsorship opportunities can be found on the registration page at [www.strokereductiongolfclassic.com](http://www.strokereductiongolfclassic.com).

## 50/50 Raffle

A 50/50 raffle will offer two chances to win: First prize is 50% of the funds raised and second prize is a one-year pool membership at Watermark. Tickets may be purchased at the event and in advance of the event by calling Diane at 616-301-7800 ext. 100, or directly from Steve Field. Tickets purchased in advance of the event cannot be mailed, but you may pick up your stubs at the event.

*Winner is subjected to gambling withholding, fees and tax. Second prize is not redeemable for cash. Need not be present to win. Licensee – Spectrum Health Foundation #R56353.*

## Live Auction

During the strolling dinner a live auction will be conducted. The featured items include a two-night stay plus golf for four people at the Ritz Carlton Hotel, Sarasota and the Ritz Carlton Member's Club, Bradenton, FL. Past Live Auction items have included rounds of golf at TPC Sawgrass, a Stay and Play package at French Lick Resort, Chicago Cubs and Detroit Tigers tickets and various other items. Check the website for updates at [www.strokereductiongolfclassic.com](http://www.strokereductiongolfclassic.com).

## Register

Register by May 1, 2020 online at [www.strokereductiongolfclassic.com](http://www.strokereductiongolfclassic.com)

## About Spectrum Health

Spectrum Health is home to West Michigan's first nationally certified primary stroke centers. Stroke centers at Butterworth and Blodgett hospitals provide comprehensive care for more stroke patients than anywhere else in West Michigan, including 24/7 emergency stroke response teams for fast, accurate diagnosis of patients upon arrival in the emergency department.

Spectrum Health also offers a comprehensive stroke rehabilitation program, as well as ongoing classes and events to raise stroke awareness and help individuals reduce their risk factors.

## Signs of Stroke in Men and Women

- Sudden **numbness** or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden **confusion**, trouble speaking, or difficulty understanding speech.
- Sudden **trouble seeing** in one or both eyes.
- Sudden **trouble walking**, dizziness, loss of balance, or lack of coordination.
- Sudden **severe headache** with no known cause.

**Call 9-1-1 immediately if you or someone else has any of these symptoms.**

## Acting F.A.S.T. is Key for Stroke

Acting F.A.S.T. can help stroke patients get the treatments they desperately need. The most effective stroke treatments are only available if the stroke is recognized and diagnosed within 3 hours of the first symptoms. Stroke patients may not be eligible for the most effective treatments if they don't arrive at the hospital in time.

If you think someone may be having a stroke, act F.A.S.T. and do the following simple test:

**F – Face:** Ask the person to smile. Does one side of the face droop?

**A – Arms:** Ask the person to raise both arms. Does one arm drift downward?

**S – Speech:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?

**T – Time:** If you observe any of these signs, call 9-1-1 immediately

