



# EVERY FRIDAY FREE BLOOD PRESSURE AND HYDRATION CHECKS

High blood pressure is sneaky. You can have it and not know it. That's why it is called a "silent killer".

Over time, high blood pressure can lead to a stroke, heart attack or kidney failure. But, this doesn't have to happen to you.

Regular blood pressure checks and healthy lifestyle choices are the tools to help you prevent or control high blood pressure.



**Take your blood pressure to heart!**

**Know Your Numbers to keep your heart healthy!**



## **COMFORT KEEPERS**

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Friday's from 10- 2 pm