

BLOOD PRESSURE

Know Your Numbers!

Screening



Have your blood pressure checked and receive free information about how to better manage your blood pressure.

¡Conozca sus números!

Haga revisar su presión, sin costo y reciba información sobre cómo manejar mejor su presión.

<i>Date</i>	<i>Time</i>	<i>Location</i>
Mon, Aug 6	11AM-1PM	Senior Lunch – Point Arena
Thur, Aug 9	11AM-1PM	Gualala Market
Tues, Aug 14	11AM -1PM	Senior Lunch – Gualala
Sat, Aug 18	10AM-5PM	Art In The Redwoods – Gualala Art Center
Sun, Aug 19	10AM-4PM	Art In The Redwoods – Gualala Art Center
Fri, Aug 24	5PM-7PM	Coastal Sr. Taco Dinner – Gualala Com Ctr
Tues, Aug 28	9AM-11AM	S&B Market - Manchester
Wed, Aug 29	7:30AM-10AM	Point Arena High School – PAHS
Fri, Aug 31	3PM-6PM	Farmers Market – Point Arena Pier

Since high blood pressure has no symptoms and can greatly increase your risk of developing heart disease and stroke, it's important to have your blood pressure checked regularly.

Dado que la presión alta no tiene síntomas y puede aumentar en gran medida el riesgo de desarrollar enfermedad cardíaca y derrame cerebral, es importante que su presión se compruebe con regularidad.

For more information, call MHA at 707 412-3176 x102