**Get Your Blood Pressure Checked/Monitored for Free
Service provided by Guilford County Health Department**

Guilford County Department of Public Health wants our residents to have a happy heart! To help you know your readings and monitor your blood pressure, Public Health will be offering free blood pressure checks every Friday at our Greensboro (1100 East Wendover Avenue) and High Point (501 East Green Drive) locations from 8:00am until 4:00pm.

Do you know why high blood pressure is sometimes called the "Silent Killer"? It is because many people with high blood pressure have no symptoms at all. Regular blood pressure monitoring is important to help you know what your readings are and we are here to help you!

Your blood pressure readings will be recorded on a wallet size card that you can keep as a personal reminder and share with your health care provider. This card will also have the names of medical practices where you may seek further assessment and treatment if your readings are found to be high.

To take advantage of this service at either location, all you have to do is come to the reception area and from there you will be directed as to where to go. No appointments or registration are necessary! Stop in and have your blood pressure checked as many Fridays as you like.

The Health Department wants to remind everyone that you can keep your heart healthy through diet, exercise and stress management, as well as by monitoring your blood pressure often.

For more information, call the Guilford County Department of Health and Human Services, Public Health Division at 336-641-7777 or visit www.myguilford.com

PEC APP 3/2017