

# Join us for a Healthy Heart Check



## Free Monthly Blood Pressure Checks

Stop by for a free screening! You may have high blood pressure and not be experiencing any symptoms, which is why it's important to get your blood pressure checked regularly. Screenings are open to the community.

### First Wednesday of the Month 9:00 a.m. - 10:30 a.m.

- February 5, 2020
- March 4, 2020
- April 1, 2020
- May 6, 2020
- June 3, 2020
- July 1, 2020
- August 5, 2020
- September 2, 2020
- October 7, 2020
- November 4, 2020
- December 2, 2020

### Facts About High Blood Pressure

You can have high blood pressure, or hypertension, and feel just fine. High blood pressure, sometimes called "the silent killer" because there are virtually no signs or symptoms, is a major health problem and dangerous. If it isn't controlled with lifestyle changes and medicine, it can lead to eye problems, kidney failure, stroke, and heart disease.

### Location

**Las Palmas Park**  
505 S. Huntington St.  
San Fernando, CA 91340  
*Held in the lobby*

For more information,  
please visit us online at  
[HealthyWayEvents.com](http://HealthyWayEvents.com)



*\*Participate in a screening  
and be entered into a free  
raffle to win \$25 gift card.*