



# FREE

## Blood Pressure Screenings

**Tuesday, Feb. 16, March 2**  
**March 9 • 9-11 am**  
**Portage Township YMCA**  
**3100 Willowcreek Road • Portage**

High blood pressure usually has no symptoms so it can't be detected without being measured. High blood pressure greatly increases your risk of heart disease and stroke. If your blood pressure is higher than 120/80, your doctor may want you to check it on a regular basis. High blood pressure can be controlled through lifestyle changes and/or medication. Get a FREE blood pressure check by a St. Mary Medical Center registered nurse.

COVID-19 precautions are in effect. Masks are required and temperatures will be taken upon arrival. Table and equipment will be sanitized between screenings.

**This program is FREE. Call 219-670-0394 for more information.**

