



Danny Gonzalez, RN St. Mary Medical Center is available onsite at the Portage YMCA regularly and is glad to discuss any health concern with you. He can refer you to services and physicians for quality care.

Stop by on these upcoming dates to check your blood pressure:

- Mon, Feb 23rd, 9-10am**
- Tues, Mar 3rd, 4-5pm**
- Thurs, Mar 12th, 5-6pm**
- Mon, April 6th, 8-9am**
- Tues, April 14th, 9-10am**
- Wed, April 22nd, 4-5pm**
- Thurs, April 30th, 10-11am**

Monitoring blood pressure is an important part of managing hypertension. St. Mary Medical Center and The American Heart Association recommend that you keep tabs on your blood pressure, make certain your medication is working, and alert you and your doctors to potential health complications.



Find more screenings from St. Mary Medical Center at

http://www.comhs.org/stmary/smmc_classes.asp?sort=ONE&topic=Screenings