



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., June 1, 11am

Thurs., June 11, 4pm

Wed., June 17, 10am

Tues., June 30, 5pm

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

Healthcare Partner with the PORTAGE TOWNSHIP YMCA



ST. MARY *Medical Center*

