

FEBRUARY'S THE MONTH FOR FLOWERS, CUPIDS, CHOCOLATES, AND... BLOOD PRESSURE CHECKS



Are you at risk?

You're at increased risk for high blood pressure if one of the following applies to you:

- Smoker
- Overstressed
- Overweight
- Physically inactive
- Drink alcohol regularly or heavily
- Family history of high blood pressure
- Male 35-55 years of age, or a postmenopausal female
- African-American
- Diabetes or other chronic medical condition

**High blood pressure is a "silent killer"! Get your
blood pressure checked today!**

