

***February - American Heart Month***

# **High Blood Pressure - The Silent Killer**

Controlling high blood pressure, through early diagnosis and intervention, is an important step in substantially lowering your health risk for heart attack, stroke and death. The best way to know if you have high blood pressure is to have it checked routinely.

Come have your blood pressured checked. You can also learn about Heart Failure – how it is diagnosed, what your “Numbers” mean and what you can do to modify your lifestyle and lower your stress.



## **Free Drive-up Blood Pressure Checks**

**Tuesday, February 9th**

**Drive-up any time from 9 - 11 am**

**Enter via Hospital cafeteria parking lot (north)**

**Please wear a face covering.**



**SHERIDAN  
MEMORIAL HOSPITAL**

[sheridanhospital.org](http://sheridanhospital.org)