

BLOOD PRESSURE & CHOLESTEROL

Know Your Numbers!

Screenings



Have your blood pressure or cholesterol checked. Receive free information about how to better manage your health.

¡Conozca sus números!

Haga revisar su presión arterial o colesterol, sin costo y reciba información sobre cómo manejar mejor su salud.

Type	Date	Time	Location
Blood Pressure	Wed, May 1	8:30 AM-10:30 AM	S&B Market - Manchester
*Cholesterol	Wed, May 1	1 PM-3 PM	MHA Office by Appointment – Gualala
*Cholesterol	Thurs, May 2	1 PM-3 PM	MHA Office by Appointment – Gualala
Blood Pressure	Fri, May 3	11 AM -1 PM	Gualala Market – Sundstrom Mall
Cholesterol	Sun, May 5	9 AM-11 AM	Garcia Guild Breakfast – Manchester
Blood Pressure	Fri, May 10	12 PM – 4 PM	Community Wellness Fair – GCC
Cholesterol	Fri, May 10	12 PM – 4 PM	Community Wellness Fair – GCC
Blood Pressure	Mon, May 20	8 AM -10 AM	Point Arena High School
*Cholesterol	Thurs, May 23	1 PM-3 PM	MHA Office by Appointment – Gualala
Blood Pressure	Tues, May 28	11 AM-1 PM	Sr. Lunch – Gualala
Cholesterol	Wed, May 29	11 AM-1 PM	Sr. Lunch – Point Arena

* Sign up for a 15-minute appointment slot today @ (707) 412-3176 x102 or email info@mendonomahealth.org

Since high blood pressure and high cholesterol have no symptoms and can greatly increase your risk of developing heart disease and stroke, it's important to know your numbers.

Dado que la presión alta y el colesterol alto no tienen síntomas, pueden aumentar en gran medida el riesgo de desarrollar enfermedades cardíacas o derrame cerebral. Es importante saber sus números.

For more information, call MHA at (707) 412-3176 x102

Para más información, por favor llame MHA (707) 412-3176 x106



www.mendonomahealth.org