

Get Pumped About Your Pressure!

Learn How to Use a Blood Pressure Cuff Like a Pro!

Why It Matters:

Monitoring your blood pressure helps
prevent strokes,
heart attacks, and other
health issues.

♥ Let's Take Charge of Our Health!
Blood Pressure Monitoring =
Self-Care Power! 💪

Stop by for a live demo,
ask questions, and take home
confidence!

Lunch Will Be Provided
August 20th @ 10AM

Pahokee Housing Authority
899 Padgett Circle
Pahokee, Florida 33476

