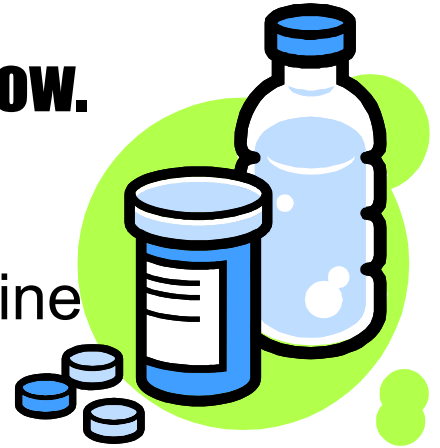


Do you have High Blood Pressure?

You have a lot on your mind right now. Don't forget your health!

Keep taking blood pressure medicine prescribed by your doctor.



Take Action!

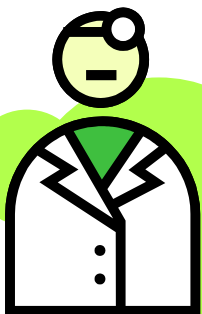
✓ Eat Healthy:

- Eat more fruits and vegetables
- Eat less salt and less fat
- Watch your weight



✓ Be Active:

- Walk... don't ride when you can
30 minutes of activity a day can help lower blood pressure
- If you drink alcohol — keep it to one drink a day
- If you smoke – Quit now!
Smoking can cause problems that raise your blood pressure



A doctor or nurse can help you watch your blood pressure.

Get checked soon!