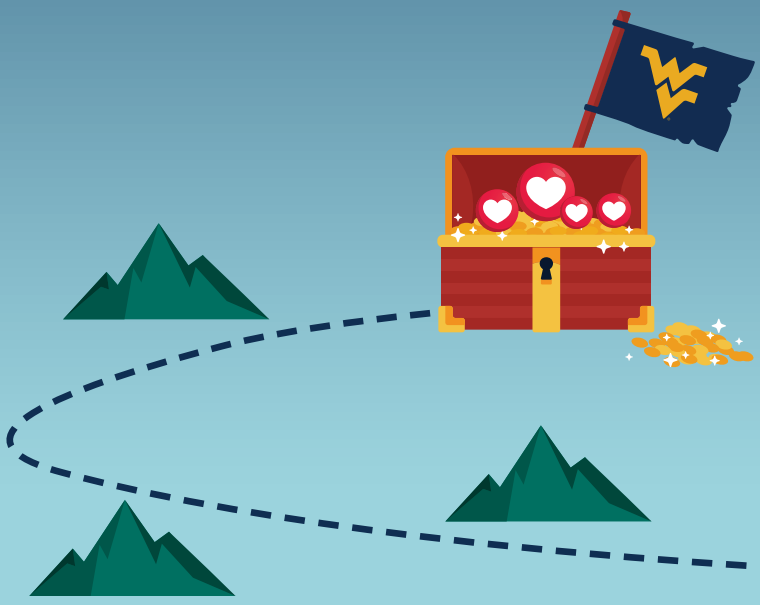
HEART HEALTH IS THE TREASURE



KNOWING YOUR BLOOD PRESSURE NUMBERS IS THE TREASURE MAP

START AT YOUR LOCAL WVU EXTENSION OFFICE

WV EXTENSION SERVICE
FAMILY AND COMMUNITY DEVELOPMENT

Love Your Heart Partnership

1 IN 3 ADULTS HAVE HIGH BLOOD PRESSURE

½ OF THOSE HAVE IT UNDER CONTROL

Taking your blood pressure often and knowing your numbers is a good first step. According to the Centers for Disease Control and Prevention, monitoring blood pressure and consulting with your healthcare team is a proven way to lower risk of disability or death from high blood pressure or hypertension.

The WVU Extension Service offers fast and convenient heart health information and self-monitoring stations.

No appointment needed — just come in during normal business hours, follow the instructions to take your reading, record your numbers and be on your way.

For more information, visit ***extension.wvu.edu/blood-pressure-stations***.

WVU is an EEO/Affirmative Action Employer. Underrepresented class members are encouraged to apply. This includes: minorities, females, individuals with disabilities and veterans.

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