



# FREE BLOOD PRESSURE CHECKS

Take charge of your health!  
Join us at the Senior Center for free  
blood pressure screenings.

**When:** First Tuesday  
of every month

**Starting:** May 5

**Time:** 11:00 AM – 12:00 PM

Quick and easy check

No appointment needed

Open to all seniors

QUESTIONS? CALL (518) 356-1561

♥ Stay healthy. Stay informed.  
We look forward to seeing you!

