



**FREE  
BLOOD PRESSURE CHECK  
FIELD SERVICES LUNCH ROOM**

Open to all employees

**12:00 to 1:00 p.m.**

**Our program continues!**

**Have your blood pressure checked 6 out of 10 months between September, 2014 and June, 2015 and receive a \$25 gift card!**

High blood pressure is dangerous because it makes the heart work too hard and contributes to atherosclerosis (hardening of the arteries). It increases the risk of heart disease and stroke, which are the first and third-leading causes of death among Americans.

**2015 Dates:**

January 20, 2015

February 17, 2015

March 17, 2015

April 21, 2015

~~May 19, 2015~~ new date: May 20, 2015

June 23, 2015

**KNOW YOUR NUMBERS! GET YOURS CHECKED!**