



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

Open to all employees

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

**Our program is back!**

**Have your blood pressure checked 6 out of 10 months and complete a few short quizzes 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.

**Dates this Fall:**

**Monday September 29, 2014**

**Monday October 27, 2014**

**Monday November 17, 2014**

**Monday December 15, 2014**

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