

About 1 of 3 U.S. adults have high blood pressure.

February is Heart Healthy Month

*Everybody Deserves Quality Healthcare...
EVERYBODY*

Heart disease is the leading cause of death for both men and women in the United States. The good news? It is also one of the most preventable. Making heart-healthy choices, knowing your family health history and the risk factors for heart disease, having regular check-ups and working with your physician to manage your health are all integral aspects of saving lives from this often silent killer.

Make a difference in your community by spreading the word about strategies for preventing heart disease and encouraging those around you to have their hearts check and commit to heart-healthy lives.

**Free Blood
Pressure
Checks**

**LOCATIONS IN PORTAGE,
CHESTERTON, MERRILLVILLE,
LAKE STATION, HAMMOND**

Take the steps to control your blood pressure and lower the risk of heart disease and stroke.

Call **219-763-8112**

or toll free: **888-313-8557**

www.northshorehealth.org

