



SELF- MONITORED BLOOD PRESSURE CUFF LOANER PROGRAM

Over 108
Adults have it



Less than 1/2
have it under
control

High blood pressure (HBP) or hypertension is often referred to as a silent killer. The American Heart Association (AHA) and Westchester Community College are partnering to raise awareness and prevent high blood pressure through self-management. Participants will learn to accurately measure their blood pressure, interpret the readings, understand the consequences of uncontrolled hypertension, and when to seek medical attention.

GET YOUR CUFF TODAY AT THE HAROLD L. DRIMMER LIBRARY

Proof of vaccination required to enter campus

**Blood pressure management is more
important during the pandemic.**