



# How **Healthy** Is *Your* **Heart?**

Find out with a  
**blood pressure screening**

and be  
*heart smart.*

**Heart health and a healthy blood pressure**  
go hand-in-hand.

The only way to find out if you have high blood pressure is to **get your blood pressure checked on a regular basis.**

**Now** is the ideal time to find out if you have high blood pressure and how to treat it.

## **Don't wait!**

**Everyone who participates in getting their blood pressure checked at the Wellness Center in the month of February will be entered into a drawing for an automatic blood pressure cuff.**

Questions?  
Contact the Plumbers Local 130 UA Wellness Center  
P: 312.421.1016 | F: 312.421.1017  
15900 W. 127th St, Suite 221A, Lemont, IL 60439