

**FOR IMMEDIATE RELEASE**

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## Learn Your Blood Pressure Numbers

**EAU CLAIRE, Wis. – May 21, 2019-** High blood pressure is a “silent killer” because it has no warning signs or symptoms. High blood pressure can lead to heart attack, stroke, and other serious health problems. In Wisconsin, 1 out of every 3 adults has high blood pressure, and many do not even know they have it.

**The only way to know if you have it is to measure your blood pressure.** It only takes a few minutes. Then, you can take steps to control your blood pressure if it is too high.



There are places to get your blood pressure checked for free when you are not at your doctor’s office. Listed below are a few:

### City of Eau Claire Fire Station

Anyone can stop by a fire station between the hours of 7:30 AM – 7:30 PM.

[www.eauclairewi.gov/services/blood-pressure-checks](http://www.eauclairewi.gov/services/blood-pressure-checks)

### Pharmacy

You can also ask about getting your blood pressure checked at your pharmacy.

### Adult Health Maintenance Clinic

A nurse can check your blood pressure for free at these locations:

#### Augusta Community and Senior Center

616 W. Washington Street, Augusta, WI

2nd Tuesday of every month from 10:00 AM – 12:00 PM

#### Fairchild Senior Living Apartments

331 North Street, Fairchild, WI

4th Friday of every month from 9:00 AM – 10:00 AM

May is High Blood Pressure Education Month. To learn more, visit [www.heart.org/bplevels](http://www.heart.org/bplevels)

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