

# Community Care Northumberland

## Free Blood Pressure Clinics

High blood pressure is the number one risk factor for stroke and a major risk factor for heart disease so monitoring blood pressure is important to overall health and wellness. Community Care Northumberland (CCN) hosts free blood pressure clinics that are open to all members of the public:

Community	Location	Address	Date	Time
Bewdley	Royal Canadian Legion	5063 Main Street	2 <sup>nd</sup> Wednesday of each month	1:00pm – 2:00pm
Cobourg	Northumberland Mall (outside Sears)	1111 Elgin Street	1st Monday of each month	10:00am – 2:00pm



“After being trained volunteers will know how to take accurate systolic and diastolic blood pressure readings and discuss follow up recommendations with the participants,” said Trish Baird – Executive Director of CCN. “They do not give medical advice instead they help to promote healthy lifestyle choices to decrease the risk of heart disease and stroke.”

For more information about this program, please contact Patricia at the Community Care Northumberland office in Port Hope (905) 885-9860.



“Giving Strength Through Caring”

[www.commcare.ca](http://www.commcare.ca)

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