



**FREE!**

# Blood Pressure Screenings

High blood pressure is known as the “silent killer,” as there are often no signs or symptoms and it can lead to stroke, heart disease and early death. Join UM St. Joseph Medical Center and The Parkville Y for blood pressure screening events. Nurses from UM St. Joseph Medical Center will be onsite to take your blood pressure and answer your questions.

## The Parkville Y

8910 Waltham Woods Road  
Parkville, MD 21234

Wednesday <b>March 8</b> 4 - 6 pm	Wednesday <b>April 12</b> 10 am - 12 pm	Wednesday <b>May 3</b> 4 - 6 pm	Wednesday <b>June 14</b> 10 am - 12 pm	Wednesday <b>July 12</b> 4 - 6 pm
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