



**Public Health**  
Prevent. Promote. Protect

Township of West Milford  
Department of Health

## **FREE Blood Pressure Screenings**

### **Winter/Spring 2018**

**WHERE:** Health Department - Nursing Office  
1480 Union Valley Road, West Milford, NJ, 07480

**WHEN:**

**February 14, 2018 - 2pm-4pm**

**March 14, 2018 - 2pm-4pm**

**April 18, 2018 - 2pm-4pm**

**May 16, 2018 - 2pm-4pm**



### **Hypertension: “the silent killer”**

- Nearly 50% of American adults have hypertension (high blood pressure) and don't even know it. Most people with hypertension have no obvious symptoms, so blood pressure screenings are the best way to catch this “silent killer.”
- When left untreated, the damage that hypertension does to your circulatory system is a significant contributing factor to heart attack, stroke, and other health threats.
- While there is no cure for hypertension, with proper treatment and management, you can live a long and healthy life.

*-American Heart Association*

**For more information call (973) 728-2726 or email [Nurse1@westmilford.org](mailto:Nurse1@westmilford.org)**