



# FREE BLOOD PRESSURE CHECKUP

Provided by:  
**Boone Health Community Wellness**

## ADDRESS

Douglass Park  
400 N. Providence  
Columbia, MO

## DATE

June 17, 2023

## TIME

10 a.m. - 2 p.m.

**Screenings will be offered for all ages on a walk-in basis in our Mobile Health Unit/Douglass Park parking lot.**

High blood pressure is **"the silent killer,"** meaning that it has no symptoms of its own, but can dramatically increase one's risk of developing heart disease or stroke.

Take the first step by checking your blood pressure and making heart healthy lifestyle changes.

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