



**Take control of
hypertension**

**Self-Management is
key!**

**Spread the word
Free Event!**

WHAT IS IN A BLOOD PRESSURE?

A free event hosted by the Powassan and Area Family Health Team where you will gain basic knowledge related to hypertension and how to take your own accurate blood pressure reading.

There will be a team of health care professionals ready to answer



Powassan & Area

Family Health Team

**POWASSAN AND AREA
FAMILY HEALTH TEAM**

507 Main Street Powassan

www.paafht.ca

February 26th 10:00-11:00
(Open to everyone)