



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 your questions.

**Take control of
hypertension**

**Self-Management is
key!**

**Spread the word
Free Event!**

**POWASSAN AND AREA
FAMILY HEALTH TEAM
ARE HOSTING**

@ 250 Clark Powassan

www.paafht.ca

Jan 28, 2020

10:30 am

FREE PUBLIC EVENT