

Tuesday Health Series: March 2026

Blood Pressure & Your Health

**YOU HAVE
THE POWER
TO LIVE YOUR BEST LIFE**



SENIOR CENTER, INC

For more information call (717) 993-3488



Do I have high
blood pressure?

Answers to Key Questions About

Blood Pressure



What do the
numbers tell you?



What health problems
can high blood
pressure cause?



Am I at risk for
high blood



What steps can I take
to reduce my risk of
complications?

When: March 17th, 2026
9:30 - 11:00 AM

Where: Stewartstown Area Senior Center
26 S Main St
Stewartstown, PA 17363



Care First Education, LLC