

Tuesday Health Series: March 2026

# Blood Pressure & Your Health

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

STEWARTSTOWN AREA



For more information call (717) 993-3488



Do I have high blood pressure?

## Answers to Key Questions About Blood Pressure



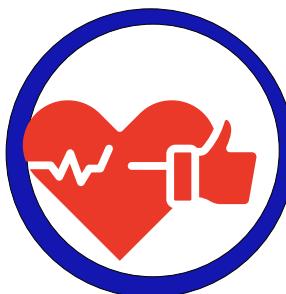
What do the numbers tell you?



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