

# High Blood Pressure: The Silent Killer

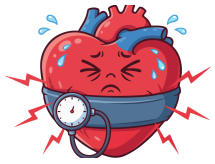
## What you need to know



Enjoy a free lunch and learn



What is blood pressure?



How can high blood pressure affect your heart, brain and kidneys?



Live Demonstration - How to check your blood pressure at home



Ways to manage high blood pressure



Healthy eating tips from a Dietitian



6307 S Stewart  
3rd Floor Conference Rm  
Chicago IL 60612

Center for  
Better Aging

Thursday, May 14th  
12pm-2pm

To register - Call 773-420-1573



Walk-in's Welcome!