

# FEBRUARY NATIONAL HEART MONTH



## FREE BLOOD PRESSURE & PULSE SCREENINGS!

Stop by Nurse Brittany's  
office in the SAIL building  
on **Tuesdays** in February  
between **12pm–2pm**  
for free blood pressure  
and pulse screenings.



**Tuesdays  
12pm–2pm**

## HEART HEALTH INFO SESSIONS!

Want to learn more about  
how to keep your heart  
healthy? Nurse Brittany  
will be hosting  
information sessions  
on **Thursdays at 1pm**  
on education, fun  
activities & more!



**Thursdays  
1pm**

