



STROKES ARE AN *Emergency* – ACT FAST!

High blood pressure is the **most common** risk factor for **stroke**. Know your blood pressure numbers:

40-60 DBP/70-90 SBP
LOW

60-80 DBP /90-120 SBP
NORMAL

80-90 DBP /120-140 SBP
PRE-HIGH

90-100 DBP /140-190 SPB
HIGH

This card entitles one person to a free blood pressure screening.

Name: _____

Date: _____

Blood pressure reading: _____

Visit your doctor or clinic to regularly **check blood pressure** – this could **save your life!**

#AngelsInitiative | #FaceArmSpeechTime

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