

## Senior Blood Pressure Screenings

Find out what your blood pressure is and keep track of your numbers because your health depends on it. Enjoy the benefits of being able to discuss results with an experienced health professional.

**Free** on-going monthly blood pressure screenings available in your community by a Community Health Registered Nurse from Dignity Health Sequoia Hospital.

<b>Date/Time</b>	<b>Center</b>	<b>Location</b>
1st Tuesday of every month 10:30a.m. – 12:15 p.m.	Veterans Memorial Senior Center	1455 Madison Avenue Redwood City, CA 94061 650.780.7343
1 <sup>st</sup> Thursday of every month 10:00a.m. – 12:00p.m.	Sandpiper Community Center	797 Redwood Shores Parkway Redwood Shores, CA 94065 650.780.5740
2nd Tuesday of every month 10:30a.m. – 12:00p.m.	Little House Activity Center	800 Middle Avenue Menlo Park, CA 94025 650.326.2025
3rd Tuesdays of every month 11:00a.m. - 12:30p.m.	Twin Pines Senior & Community Center	20 Twin Pines Lane Belmont, CA 94002 650.595.7441
3rd Wednesday of every month 10:30a.m. –12:15 p.m.	San Carlos Adult Community Center	601 Chestnut Street San Carlos, CA 94070 650.802.4384
4th Tuesday of every month 9:00a.m. – 10:30 a.m.	Fair Oaks Adult Activity Center	2600 Middlefield Road Redwood City, CA 94063 650.780.7500