**Why should you know your blood pressure numbers?**

* If your blood pressure numbers stay high, you increase your risk of getting heart disease and stroke.
* Most people experience no symptoms from having high blood pressure, yet over time, it can damage the entire body.

**Use the blood pressure machine at JBS to learn YOUR numbers!**

* Follow the instructions on the wall by the machine to check your blood pressure.

*The blood pressure machine is located near the cafeteria and occupational health in the main building.*