

# Blood Pressure Cuffs in Motion!

- ♥ Curious what your blood pressure is?
- ♥ Did your provider request you take your blood pressure at home?
- ♥ Visit Sarah, the public health nurse, to request your BP cuff from our BP cuffs in motion lending program!
- ♥ Leverett & Shutesbury residents are welcome to borrow one cuff for 2 weeks, then return it to the nurse.

---

This program is sponsored by the American Heart Association, free of charge!

To learn more about the program, how to use the device and borrow one, email [sarah.fiske@vhrcare.org](mailto:sarah.fiske@vhrcare.org)

