

HEADQUARTERS EMPLOYEE WORK LIFE CENTER

<http://worklifecenter.doe.gov/>

BLOOD PRESSURE SCREENING

May is designated as National High Blood Pressure Education Month. It is estimated that one in four American adults have high blood pressure. High blood pressure usually has no symptoms and is referred to as "the silent killer." Your body depends on its blood pressure in order to circulate blood and provide your vital organs with oxygen and food that they need to work. When your blood pressure is too high, you are at increased risk of stroke, heart attack, kidney and coronary heart disease. The only way to tell if you have high blood pressure is to have your blood pressure checked. To promote awareness of this vital issue, the Headquarters Occupational Health Units are providing Blood Pressure Screenings during the month of May. No appointment is necessary.

Forrestal Building
Every Wednesday in May
2:00 pm - 3:00 pm
Ground Floor Lobby

For more information
call Forrestal Health Unit at 6-9765
or healthunitfors@hq.doe.gov



Germantown Building
Every Thursday in May
12:00 noon - 1:00 pm
Cafeteria Lobby

For more information
call Germantown Health Unit at 3-4275
or healthunitgtn@hq.doe.gov

**Accommodations for people with disabilities will be
provided upon request.**