

Workplace
Wellness

Wednesday,
March
14

Free Blood
Pressure
Screenings

High Blood Pressure - The Silent Killer

The City of Richmond WE-FIT program and HCA Virginia are partnering to provide free blood pressure screenings for City of Richmond employees. High blood pressure is known as a silent killer because it generally has few symptoms, making it so important to know your numbers. These free checks offer you the opportunity to talk with a nurse about your blood pressure, check it regularly and learn ways to keep hypertension at bay. The screenings are confidential.

See details below for locations and times.

8 – 10 a.m.

DSS-Southside Plaza; 4100 Hull Street Road, Conference Room A

11 a.m. – 1 p.m.

DPU – Op Center; 400 Jefferson Davis Highway

2 – 4 p.m.

City Hall; 900 East Broad Street, 7th floor Conference Room

