

## 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**

