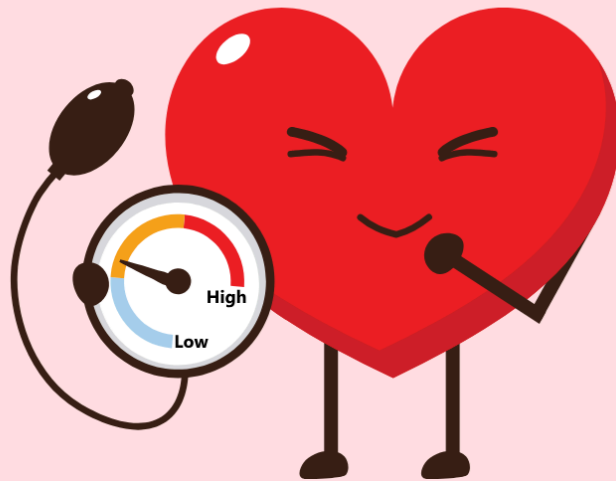


KNOW YOUR BLOOD PRESSURE

**Thursday June 4
12:00 - 1:00 PM
(Right after Chair Yoga
Class)**

**Coast Community Library
Meeting Room**



**Blood Pressure Kits are available for loan
across all 6 branches: Ukiah, Point Arena, Ft
Bragg, Willits, Covelo, Laytonville**

**Nurse and yoga instructor, Ronna Frost, will demonstrate the
proper use of home blood pressure monitors and answer any
questions.**

**Patrons with an active library card can check out these kits—
provided through the American Heart Association's "Libraries with
Heart" initiative and state grants—the same way you would a book.
Free Library event, sponsored in part by the Rural Health
Connections grant from the American Heart Association.**



**MENDOCINO
COUNTY** *Library*

Coast Community Branch Library

225 Main St
Point Arena, California 95468 | 707-882-3114
www.mendolibrary.org