



PRESS RELEASE

FOR IMMEDIATE RELEASE:

February 3, 2010

CONTACT:

Tina Veal-Gooch
Director of Public Relations
903.794.3651 ext. 1013

**FREE BLOOD PRESSURE SCREENINGS NOW AVAILABLE DAILY
AT HIGHLAND PARK ELEMENTARY SCHOOL**

Texarkana, TX – At Highland Park Elementary School, they focus on creating a health-conscientious student who understands their individual role in preserving the wellness of people and the environment.

With that, the school has now begun offering FREE Blood Pressure Screenings for the community. Screenings are available Monday thru Friday from 12:30 – 2:30 p.m. at the school, 401 West 25th Street.

The Blood Pressure Screenings will be administered by the students, with nurse supervision, in order to allow them to gain more hands-on learning of the equipment and the opportunity to assist in educating the public on conditions associated with high blood pressure.

High blood pressure is a serious condition that can lead to coronary heart disease, heart failure, stroke, kidney failure and other health problems. About 1 in 3 adults in the United States has high blood pressure. You can have it for years without knowing and usually there are no symptoms. During this time, it can damage the heart, blood vessels, kidneys and other part of your body. It is important to know your blood pressure numbers, even if you are feeling fine.

Let Highland Park Elementary students help you in learning your numbers and teach you what you need to know about high blood pressure.

For more information, contact 903.794.8001.

###

**PHOTO, FILM AND STORY OPPORTUNITIES ARE AVAILABLE.
FOR MORE INFORMATION, CONTACT TINA VEAL-GOOCH, DIRECTOR OF
PUBLIC RELATIONS AT 903.794.3651 EXT. 1013.**