

## **RVNA to Hold Blood Pressure Clinics at Ridgefield Library**

June 20, 2016

Chris Nolan, Director of the Ridgefield Library, and Barbara Newland, Director of Community Health & Wellness for the Ridgefield Visiting Nurse Association, are pleased to announce that their organizations are co-sponsoring a monthly free blood pressure clinic at the Library beginning in July.

The free clinic will be held monthly on the second Wednesday of each month from 11:00 am to 12:00 p.m., beginning on July 13. Appointments are not needed.

High blood pressure is typically symptom-free but can cause serious health problems, including eye disease, stroke, heart failure, heart attack, and kidney failure. Therefore it is important for people at risk for high blood pressure to check it at regular intervals.

“When people know their numbers, they are better able to measure and understand their individual health risks,” said Newland. “RVNA is committed to keeping you well, and being screened is one of the best things you can do to stay healthy. We are pleased to be able to offer blood pressure screenings at the Ridgefield Library, which is a hub of community activity.”

Founded in 1914, RVNA is an accredited non-profit Medicare-certified home healthcare agency that also supports public health and safety, and promotes the highest quality of life. RVNA provides compassionate care to all individuals, whether young or old, through a continuum of care that encompasses health care at home and in the community. RVNA also provides home health aides and companionship through a non-medical subsidiary called HomeCare by RVNA.