

WORLD HEALTH  
DAY

7 APRIL 2021

## CELEBRATE WORLD HEALTH DAY

7th April 2021

**EVERGREEN HEALTH will be doing  
free BLOOD PRESSURE checks from 09h00 – 12h00**



Please note by appointment only  
(book with Siphon on EXT 1220)

Book with your Village Clinic for a free Blood Pressure test

***Reminder to residents doing the Diabetes challenge to check BP!***

Diabetes can damage arteries, cause hardening or arteriosclerosis, which can cause high blood pressure and hold complications for heart and kidney health.