



**Lorain County
Public Health**
For the Health of Us All

Herrick Memorial Library



Be Good to Your Heart! Blood Pressure Cuffs on Loan at Herrick Memorial Library

Just in time for “Heart Awareness Month” in February, Herrick Memorial Library has started a program to loan blood pressure cuffs to the public in exactly the same way books, DVDs and other materials are checked out.

At no cost to the public, the program is a joint initiative of Lorain County Public Health and Herrick.

Taking one’s blood pressure and keeping track of numbers helps individuals monitor their health. If people notice that their blood pressure is high, they can show their numbers to a health care provider to help them manage or prevent high blood pressure.

THRIVE! Funds Cuffs

The library’s blood pressure kit includes: a blood pressure cuff, tools to help people track their blood pressure numbers, easy instructions on the automatic blood pressure cuff and local resources. The kit also includes a blood pressure record card for people to keep for their own records.

In keeping with its mission to improve the health of local Lorain County residents, THRIVE! Southern Lorain County is underwriting the cost of the blood pressure cuff and the printing of labels for kits, flyers and business cards that promote the program at Herrick.

Herrick Memorial Library is located at 101 Willard Memorial Square in Wellington; tel. 440-647-2120; you can also go to <http://www.herrickliboh.org/blood-pressure-kit> for information.

About THRIVE! Southern Lorain County

THRIVE! Southern Lorain County (www.thriveslc.org) is committed to increasing access to affordable opportunities to live healthier through improved nutrition, increased physical activity and informed behavioral health – all to reduce the risks of heart disease, diabetes and obesity in the region. The organization proudly serves the communities of Brighton Township, Camden Township, Huntington Township, Kipton Village, Pittsfield Township, Rochester Township, Rochester Village, Wellington Township and Wellington Village. THRIVE! is generously supported by a grant from United Way of Greater Lorain County. Like us on Facebook at www.facebook.com/thrivesoloco.

