

Be Good to Your Heart! Blood Pressure Cuffs Now on Loan in Lorain County Libraries Latest Is Herrick Memorial Library in Wellington

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THRIVE! Southern Lorain County



January 25, 2019 -- Just in time for "Heart Awareness Month" in February, Herrick Memorial Library has begun a program to loan blood pressure cuffs to the public in exactly the same way that books, DVDs and other materials are checked out.

Herrick is one of many Lorain County libraries that are loaning out blood pressure kits to the public at no cost. The program is sponsored by Lorain County Public Health ([Website](#) | [Profile](#)).

Taking your blood pressure and keeping track of numbers helps you monitor your heart health. If you notice that your blood pressure is high, you can show your numbers to a health care provider to help you manage or prevent high blood pressure.

THRIVE! Funds Cuffs at Herrick

Herrick Memorial Library's blood pressure kit includes a blood pressure cuff, tools to help you track your blood pressure numbers, easy instructions on the automatic blood pressure cuff and local resources. The kit also features a blood pressure record card to keep for your own records.

In keeping with its mission to improve the health of local Lorain County residents, THRIVE! Southern Lorain County is underwriting the costs of the blood pressure cuff and promotional materials at Herrick.

Herrick Memorial Library is located at 101 Willard Memorial Square in Wellington; tel. 440-647-2120.

Other libraries in Lorain County that carry blood pressure cuffs are:

- Avon Branch Library: 37485 Harvest Drive, Avon
- Columbia Branch Library: 13824 W. River Road North, Columbia Station
- Domonkas Branch Library: 4125 E. Lake Road, Sheffield Lake
- Elyria Central Branch Library: 320 Washington Ave., Elyria
- Elyria West River Branch Library: 1194 W. River Road North, Elyria

- Grafton-Midview Library: 983 Main St., Grafton
- Keystone-LaGrange Branch Library: 101 West St., LaGrange
- Lorain Main Library: 351 W. Sixth St., Lorain
- North Ridgeville Branch Library: 35700 Bainbridge Road, North Ridgeville
- South Lorain Branch Library: 2121 Homewood Drive, Lorain

About THRIVE! Southern Lorain County

THRIVE! Southern Lorain County ([Website](#) | [Profile](#)) 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 ([Website](#) | [Profile](#)). Like us on Facebook at www.facebook.com/thrivesoloco.