

**Adair County Health System  
For Immediate Release  
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**Adair County  
Health System**  
we surround you with care

***May is National High Blood Pressure Education Month***

Many Adair County residents suffer from high blood pressure also known as hypertension. Hypertension leads heart disease and can lead to a stroke. It is very important to monitor your blood pressure on a regular basis.

Adair County Health System is offering FREE blood pressure checks at Adair County Home Care (117 NW Hayes Greenfield). This service is a year round service. Stop in at Adair County Home Care Monday through Friday from 8AM to 4PM to get your blood pressure checked. Adair County Health System, we surround you with care.

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