

ROUHAVE A CREATILE MANNE

DON'T RISK LOSING IT TO HIGH BLOOD PRESSURE.

Many years before you have a stroke or notice dementia, uncontrolled high blood pressure narrows your arteries, decreasing blood to your brain. If you're a Black man 28-45, take charge of your health today by knowing your blood pressure number, eating healthy, and exercising. MINDYOURRISKS.NIH.GOV

NOBODY CAN LOWER YOUR RISK OF STROKE & DEMENTIA

