



Catholic
Crosscultural
Services

Blood Pressure Screening & Self-Care Workshop



Join us for this interactive health session with the Registered Nurse from Scarborough Center for Healthy Communities:

- Learn simple everyday self-care tips
- Get your blood pressure checked – for free!
- Ask the nurse your questions about blood pressure and staying healthy
- Take a simple step to make a big difference in your well-being!

FREE

WHO IS ELIGIBLE

- Permanent Resident
- Convention Refugee
- Protected Person

**Oct 27, Monday
Time: 11:00 a.m.-12:00 p.m.
Address: 3227 Eglinton
Ave. E., Unit 135, Scarborough,
ON, M1J 3M5**

**For information/registration,
contact: Lily Zhang
email: lzhang@ccscan.ca
or call 416-266-7200 ext. 4205**

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