



Maintaining a healthy blood pressure is essential to your overall wellness.

Stay active!

NORTH
Dakota Be Legendary.
Health & Human Services

Social Post #1

Caption

Being active each day strengthens your heart, lowers stress and maintains a healthy weight!



Maintaining a healthy blood pressure is essential to your overall wellness.

Stay active!

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Knowing your numbers is a great step toward better health.

Prioritize your blood pressure!

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Social Post #2

Caption

Did you know some dental offices provide blood pressure screenings? Ask to get your blood pressure checked at your next visit!



Knowing your numbers is a great step toward better health.

Prioritize your blood pressure!

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Health & Human Services



The silent dangers of high blood pressure include heart disease and stroke.

Know your numbers!

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Social Post #3

Caption

Your blood pressure and oral health are connected! At your next dental visit, ask your dentist to check your numbers. It could save your life!



The silent dangers of high blood pressure include heart disease and stroke.

Know your numbers!

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Maintaining a healthy blood pressure is more than what you eat.

Physical activity is just as important!

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Social Post #4

Caption

Your heart is a muscle!
Exercise it daily by staying active.



Maintaining a healthy blood pressure is more than what you eat.

Physical activity is just as important!

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It's important to monitor your blood pressure!

Schedule an appointment with your health care provider today!

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Social Post #5

Caption

Show your heart some love. Maintain a healthy blood pressure! Your health care provider can help!



It's important to monitor your blood pressure!

Schedule an appointment with your health care provider today!

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