



INFORMATION BULLETIN

June 1, 2015

Program puts the squeeze on blood pressure issues

Beacon volunteers host 5000 visitors at Take the Pressure Down clinics

VICTORIA, BC – Take the Pressure Down program organizers this week celebrated another successful year of providing blood pressure screening, monitoring and heart health education to adults in the Capital Regional District.

A joint initiative of local charity Beacon Community Services and the Heart and Stroke Foundation, Take the Pressure Down program consists of free community clinics, run with volunteer support. Clinics provide blood pressure monitoring, risk assessments and education about hypertension to raise awareness about one of the greatest risk factors for heart disease and stroke -- high blood pressure. The program started as a pilot project on the Saanich Peninsula, and in January 2011, expanded to include Saanich and Victoria.

Clinics are held at various locations across the CRD, including at sporting events, recreation centres, and malls. Between September 2014 and the end of this month, the program will have held approximately 150 clinics and logged 5000 clinic visits with 800 volunteer hours.

For more information about BC Community Services, see www.beaconcs.ca Information about Take the Pressure Down is at <http://www.takethepressuredown.ca>

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