



# News

Burlington County Board of Chosen Freeholders  
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For Immediate Release  
Monday, February 10, 2014

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## **BURLINGTON COUNTY FREEHOLDER DIRECTOR LEAH ARTER ANNOUNCES FREE BLOOD PRESSURE SCREENINGS FEB. 14**

As part of February's American Heart Month, the Burlington County Board of Chosen Freeholders will be offering free blood pressure screening at the Burlington County Library on Friday, February 14, 2014.

"All of us know someone affected by heart disease, the leading cause of death in America," said Freeholder Director Leah Arter. "During American Heart Month, we renew our commitment to fighting heart disease through research, preventive care, exercise, and a healthy diet."

Screening will take place from 10 a.m. to 2 p.m. The event will raise awareness about the importance of keeping your heart healthy with free health education material and give-a-ways.

"We all can make healthy changes to lower our risk of developing heart disease," Arter continued.

Controlling and preventing risk factors is also important for people who already have heart disease.

To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

For more information on heart health, please visit the American Heart Association at [www.heart.org](http://www.heart.org)

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