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Blood pressure monitoring kits available at library

Caledon Public Library will be launching a new opportunity for customers to check out electronic blood pressure monitoring kits for their personal use.

High blood pressure, also known as hypertension, raises one's risks for heart attack, stroke, diabetes and kidney disease.

Self-measuring one's blood pressure allows individuals to track and to share those readings with their doctor to better manage their blood pressure.

The blood pressure monitoring kits will include an electronic blood pressure monitor, arm cuff, AC adaptor, a quick user's guide and educational materials. The kits will be available at all branches of Caledon Public Library and will have a three-week loan period.