

MASAYANG PUSO

<120/80



Alamin ang presyon ng dugo <120/80

Kumain ng pagkaing sariwa

**Huwag masyadong kumain ng naprosesong
pagkain**

Free resources visit: healthylivingforlife.org



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
PUBLIC HEALTH DEPARTMENT

Healthy Living

...for life!
Alameda County Public Health Department