

Free Blood Pressure Clinics at Care-Age Country Home of Park Rapids

Park Rapids, MN - (7.6.16) - Care-Age Country Home, a senior assisted living community managed by Avinity, is offering free blood pressure clinics Mondays through Thursdays.

Starting this week, Care-Age Country Home of Park Rapids will host blood pressure clinics, which are free and open to the public.

The clinics are **ongoing from 10:00 a.m. to 2:00 p.m., Mondays through Thursdays** and there is no appointment necessary.

Care-Age Country Home Address:

*Care-Age Country Home
18846 Eagle Bend Road
Park Rapids, MN 56470
218.732.3721*



Importance of Blood Pressure Checks: According to the Mayo Clinic website, “(People) should have a blood pressure test performed at least once every two years to screen for high blood pressure as a risk factor for heart disease and stroke, starting at age 18.” Doctors recommend yearly blood pressure checks for people who are 40 or older, or for younger adults with a risk of high blood pressure. Monitoring blood pressure is also an important measure for people with diabetes or conditions that may contribute to heart disease.

About Care-Age Country Home

Care-Age Country Home is a privately owned assisted living community for adults ages 55+. Located just east of Park Rapids on Highway 34 at 18846 Eagle Bend Road, this quaint, family-style environment features private and shared suites, daily meals and on-site home health services, in addition to respite for caregivers. Care-Age Country Home is managed by Avinity.

About Avinity

Avinity, a non-profit, faith-based organization, owns and manages senior living communities throughout the Twin Cities and greater Minnesota, including Buhl, Hermantown, Hibbing, Hoyt Lakes, McGregor, Park Rapids and Proctor. Avinity combines extensive management experience with a compassionate faith-based environment to create exceptional communities where aging is all about living well. Older adults can thrive in their social, spiritual and personal lives, and their families can have peace of mind knowing their loved ones are safe, secure and well cared for.

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