HIGH BLOOD PRESSURE?

Apply for **FREE** grocery delivery!



You buy the groceries, we pay for the delivery.

Managing high blood pressure can be challenging. We want to make it easier for you!

Apply today to receive **FREE** grocery delivery service.

Work one-on-one with a Sea Mar health educator to help support your blood pressure goals.

- **No extra cost, no hassle.**
- **Reduce stress and save time.**
- **Support your health goals.**

Who is eligible to apply?

Adults diagnosed with high blood pressure who:

- Live in the **Springbrook** neighborhood.
- Are a Sea Mar patient or need a primary care provider.
- And are willing to share their experience.

Spots are limited. Apply today!

Learn more or to connect with a health educator, call **(253) 240-2110**.

Click or scan the QR code.

Sea Mar Community Health Centers

Tacoma-Pierce County Health Department
Healthy People in Healthy Communities

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