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**FOR IMMEDIATE RELEASE**

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**Visiting Homemaker Service is offering free blood pressure readings**

Visiting Homemaker Home Health Aide Service will be offering blood pressure readings for residents of Bergen County on April 30, May 14 and on May 28. A Registered Nurse from Visiting Homemaker will be available in the Outreach Room of the Westwood House at 100 Madison Avenue in Westwood. This service is offered for no fee. Reservations are not necessary. Screening and counseling will take place from 10:00 am to 12:00 pm.

For 60 years, Visiting Homemaker Home Health Aide Service of Bergen County (VHS) has been the premier home care service non-profit firm in the county. VHS has provided in-home assistance helping thousands of people live with dignity and independence in the security and comfort of their familiar home environments. Our services give families peace of mind knowing their loved ones are safely cared for by compassionate, skilled and mature certified home health aides and companions. For more information call 201-488-0041 or visit [www.vhsbc.com](http://www.vhsbc.com).

With VHS you are “at home but not alone.”