

Know Your Digits! Be In Control.

CHC

Community Health Councils, Inc.



Partner with Community Health Councils and join our Know Your Digits! Be In Control. campaign this August. Designed to educate African Americans and Latinos in L.A. County on the importance of managing and preventing hypertension, our **Know Your Digits! Be In Control.** campaign will increase the understanding of high blood pressure prevention and management. You can help.

Pledge Form

Be a part of Community Health Councils' **Know Your Digits! Be In Control.** campaign and save lives!

Yes, I support **Know Your Digits! Be In Control.** You may use my name publicly as a partner.

I would like to be involved with the following activities: (Check all that apply)

Promote the campaign through my communication channels (website, newsletter, materials)

Distribute educational materials and referrals to programs in conjunction with existing services we provide

Identify a speaker/spokesperson from my organization to participate in a media event or for other events throughout the month

Host blood pressure screenings

Organization:

First and Last Name:

Title/Occupation:

Phone Number:

Email:

Address:

Signature: _____

Please sign and fax this form to Ms. Jade A. Stevens at 323.469.8683, or scan and email to jadestevens@lagrant.com.

Please visit our website at KnowYourDigits.org



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