



Albany County
Public Library now
has Blood
Pressure cuffs
available for
checkout!

Get to know your numbers!

Included in these kits are a blood pressure cuff, easy-to-read instructions on how to properly use the cuff, educational material about high blood pressure and local resources. Library cardholders can place a hold request on a blood pressure kit and check it out at any branch for up to 30 days.

The Albany County Public Library in collaboration with the Wyoming Department of Health, and The Wyoming Center on Aging is now offering blood pressure cuffs for checkout and at home self-monitoring!



Albany County Public Library
LARAMIE • CENTENNIAL • ROCK RIVER

