

---

YOU HAVE A  
**POWERFUL**  
*mind.*

---

DON'T RISK LOSING IT TO HIGH BLOOD PRESSURE.

Many years before you have a stroke or notice dementia, uncontrolled high blood pressure narrows your arteries, decreasing blood to your brain. If you're a Black man 28–45, take charge of your health today by knowing your blood pressure number, eating healthy, and exercising. [MINDYOURRISKS.NIH.GOV](https://www.ninds.nih.gov/health-information/specialty/specialty-topics/stroke-prevention/mind-your-risks)

**NOBODY CAN  
LOWER YOUR RISK  
OF STROKE & DEMENTIA  
LIKE YOU.**