

## Community Resources

- Genesis Health Clinic  
564 E. Woolbright Road  
Boynton Beach, FL 33435  
Phone: 561-735-6553
- Bethesda Memorial  
Physician Referral Line  
Phone: 561-737-7733  
Ext. 84499
- Caridad Health Clinic  
8645 W. Boynton Beach Blvd.  
Boynton Beach, FL 33472  
Phone: 561-737-6336



STRONG HEART, STRONG COMMUNITY

[www.strong-heart.org](http://www.strong-heart.org)



Heart Rate: A resting rate over 100 or less than 50 beats per minute may indicate a problem that needs treatment. Please see a medical practitioner within the week.

Irregular Rhythm - If your test shows you have an irregular rhythm, you should see a medical practitioner within the week. Only a medical person can determine if your rhythm needs treatment.

## When to seek help

### Strong Heart Foundation

#### My Blood Pressure Wallet Card

Use this Wallet Card to track your Blood Pressure, Heart Rate, Heart Rhythm and follow up visits with your physician.

See back for available resources.



