



Know Your Numbers

This heart month, let's work together to build healthier habits, raise awareness, and take care of our hearts. Stop by our booth at the MATE Show for a FREE blood pressure check! Keeping track of your blood pressure is an important step in maintaining heart health. Visit us February 12-14, 2026 at the MetraPark Pavilion – we look forward to seeing you!



Billings Clinic



**MAYO CLINIC
CARE NETWORK**
Member

To learn more visit billingsclinic.com/heart