

Instructions for Sufficient Rest

1. Smile, be friendly
2. Nurse/Doctor to take blood pressures
3. Fill out Health Fair Booklet
4. Give "Lowering Your Blood Pressure" handout as needed
5. If additional personnel available, male to do chair massage on male participants, and female to do chair massage on female participants (see chair massage instructions)

Supplies List for Sufficient Rest

Sufficient Rest Sign
Sufficient Rest Banner
Sphygmomanometer (BP Cuff)
Stethoscope
Automatic BP Machine
Extension Cord (or batteries)
Lowering Your Blood Pressure Handout 1/2 Sheet
Pens
Instructions for Chair massage
Chairs for chair massage (2)