



FOR IMMEDIATE RELEASE

Baltimore Nonprofit to Give 100 Blood Pressure Monitors to Expectant Mothers at Baltimore Book Festival

Maternal-heart-health initiative will help pregnant Baltimore residents monitor one of the leading warning signs of preeclampsia

BALTIMORE, MD — September 14, 2026 — The Veronica Blount Memorial Foundation (VBMF) will distribute 100 complimentary home blood pressure monitors to expectant mothers during the Baltimore Book Festival, September 19–20 in Waverly.

The giveaway is a special **Healthy Hearts for Moms** initiative under VBMF's **1 For Every 1 Blood Pressure Monitor Giveaway Program**, which works toward the goal of placing one monitor in every home.

According to the Centers for Disease Control and Prevention, hypertensive disorders affect 5%–10% of pregnancies. High blood pressure can place both mother and baby at risk, and preeclampsia is a leading cause of pregnancy-related death. Because preeclampsia may develop without obvious symptoms, knowing and tracking blood pressure can help an expectant mother recognize a change and have a more informed conversation with her healthcare provider.

“This is deeply personal for me because I survived preeclampsia during childbirth,” said VBMF founder Tee Blount. “I understand how quickly a pregnancy can become life-threatening. Every expectant mother should have the ability to know her blood pressure—not only during a medical appointment, but at home between visits.”

VBMF will reserve 50 monitors for each festival day. The monitors will be available to pregnant Baltimore City residents age 18 or older, while supplies last. Recipients must be present and show valid government-issued photo identification. Distribution is limited to one monitor per household. Pregnancy will be self-attested; no medical documentation will be requested. **No purchase or donation is required.**

VBMF volunteers will also provide monitor-use instructions and educational information emphasizing that home monitoring supports—but does not replace—prenatal care or professional medical advice.

During the festival, VBMF will sell the children's book *Kameron's Big City Adventure* and related merchandise as a fundraiser for its charitable heart-health programs.

The Baltimore Book Festival will take place Saturday, September 19, from 10:00 AM–6:00 PM and Sunday, September 20, from 10:00 AM–4:00 PM in Waverly. Festival admission is free.

Media interviews and on-site coverage are welcomed.

Media Contact:

Tee Blount

Founder & Executive Director

Veronica Blount Memorial Foundation

Email: tblount@veronicablount.org

Toll Free # 1-800-711-VBMF

Mobile # (443) 392-0568

Website: www.veronicablount.org

Website: www.redshoelunch.com

About the Veronica Blount Memorial Foundation

Founded in 2022, the Veronica Blount Memorial Foundation is a 501(c)(3) nonprofit dedicated to fighting heart disease through education, advocacy, community outreach and access to home blood pressure monitors. Learn more at veronicablount.org.