



WELLNESS WEBINAR

What's the Hype Around Hypertension



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High blood pressure, also known as hypertension, is a serious issue affecting 75 million (1 in 3) American adults. The stats alone are enough to make one's blood pressure rise, and the serious complications that stem from hypertension are even more concerning. Learn about this and steps you can take to help improve your own health status.

Tuesday, February 8

3:30 - 4:30 p.m.

Register **HERE**



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Questions? Contact nmpsia.wellness@phs.org