



One in three
adults has high
blood pressure

Blood pressure seminar

Know your Numbers!

**Wednesday
August 26, 2009**

12:00 p.m.—1:00 p.m.

**Human Resources
Employee Development
Center**

Healthy snacks!
Raffle prize!
Blood pressure checks!

Enroll through the [Education
and Development website](#)

Presented by Health Net

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- Learn what **high blood pressure** is and how it impacts health
- Identify **risk factors** that can and cannot be modified.
- Obtain **hypertension** management tips
- Learn how to **maintain** a healthy blood pressure

LIVE FIT | LIVE WELL