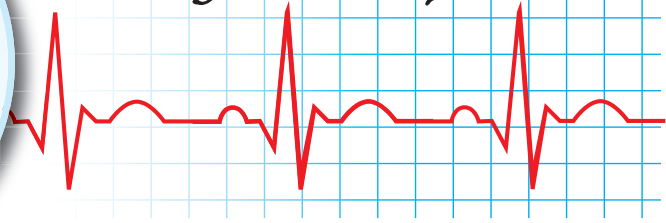


Blood Pressure

Learning Academy



Learn how to prevent and control high blood pressure.

Thursday, February 16

4:30 p.m. - 6:30 p.m. • Training Center at Lincoln Complex

Approximately one out of every three American adults has high blood pressure, but many do not even know it. Often called “the silent killer,” hypertension can greatly increase your risk for heart disease and stroke.

If you or someone you care about is living with or looking to prevent hypertension, join us for this FREE educational event.

Open to APS Employees and family members.

COOKING DEMONSTRATION & COMPLIMENTARY DINNER

Blood Pressure Checks & Pharmacist on hand to answer questions
Exercise tips and lifestyle changes that can help lower your blood pressure

Each participant will
receive a free copy
of the DASH Diet book

Click here to
Register Today!

Deadline to register is Feb. 10.



Questions? Please contact employee.wellness@aps.edu