

HYPERTENSION 360

**Protect yourself and your family
from health conditions
caused by hypertension.**



Under pressure?

High blood pressure can affect people of all ages and often has no symptoms. Over time, if untreated, it can cause health conditions, such as heart disease, diabetes and stroke.

Taking care of yourself is important, whether it's adjusting to a healthier diet or remaining calm in stressful situations.

Learn more about various lifestyle changes that will help you manage your blood pressure and keep hypertension at bay.

Admission:

\$20 for Spirit of Women members

\$25 for non-members

Cash only, at the door • Cash bar

Dinner and dessert included

Please register by Friday, June 3,
by either scanning the QR code
or calling

1-800-INSPIRA



Join us...

Date:

Tuesday, June 14

Time:

6:00 p.m. – 8:00 p.m.

Location:

Bogey's Main Tent

501 Pitman Road • Sewell, NJ 08080

Welcome back to **in-person** health seminars!



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Not a Spirit Member? Signing up is free and easy! Visit **InspiraSpiritofWomen.org** for details.