

STRIVE FOR TOGETHER FOREVER



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FREE HEALTH LECTURE

Lowering your blood pressure

When Monday, Jan. 13, from 11 a.m. to noon

Where Boulder Jewish Community Center, 6007 Oreg Avenue

Having high blood pressure — also known as hypertension — puts you at greater risk for heart attack, stroke and heart failure. That's why it's vitally important to keep your blood pressure under control.

Our speaker is Yogitha Potini, MD, MPH, a board-certified internist with a focus on preventive care. She will describe simple ways to lower your blood pressure — from lifestyle changes to the latest treatments.

RESERVATIONS REQUIRED:

bchlectures.org/bloodpressure • 303-415-4212



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