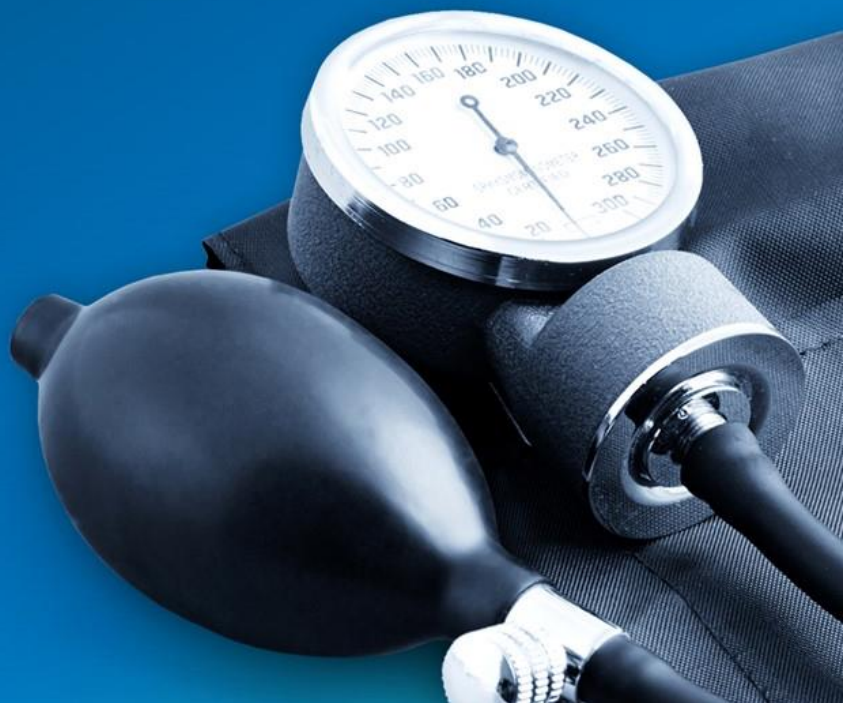




**BlueCross BlueShield
of New Mexico**



Blood Pressure Basics

Date: Wednesday, February 25

Time: 8:30 a.m.

[Register Here](#)



Date: Wednesday, February 25

Time: 3:45 p.m.

[Register Here](#)



We will learn about:

- What is high blood pressure
- Risk factors for high blood pressure
- Importance of controlling the condition
- Steps to managing and improving blood pressure numbers