



BlueCross BlueShield
of New Mexico



HEALTHY HEART, HEALTHY YOU

Date: Monday, February 23

Time: 8:30 a.m.

[Register Here](#)



Date: Monday, February 23

Time: 3:45 p.m.

[Register Here](#)



We will learn about:

- What is heart disease?
- Risk factors for heart disease
- High blood pressure – know your numbers
- Tips for improving your heart health