



# How Heart Smart Are You?



Come to our Heart Health Lunch & Learn

Wednesday, Feb. 21st  
12 - 1 p.m.

Montoya Building  
Bid Room, 1st Floor



## Heart Health Lunch & Learn Do you know your blood pressure?

Heart health and a healthy blood pressure go hand-in-hand. Now is the ideal time to find out if you have high blood pressure and how to treat it.

Attend our Lunch & Learn on **Wednesday, February 21** from 12 - 1 p.m. in the Bid Room of the Montoya Building.

All attendees will have a chance to win a **blood pressure cuff**.



**Come join us and learn why it's important to achieve and maintain a healthy blood pressure.**

### Questions?

Call the Stay Well Health Center at **505.827.2485** for more information.



**STAY WELL HEALTH CENTER**

ZERO CO-PAYS, NO DEDUCTIBLES AND MEDICATIONS DISPENSED THROUGH THE HEALTH CENTER ARE FREE

Serving the State of New Mexico and Participating Local Public Body Employees Covered under the State Employee's Risk Management Medical Plan