

THE NEW MEXICO PUBLIC SCHOOLS INSURANCE AUTHORITY (NMPSIA)

PRESENTS...



THE OCTOBER WELLNESS WEBINAR

“Blood Pressure Basics”

Known as the silent killer, high blood pressure is usually something we’re unaware of until we have a check-up with a doctor or a sudden medical event. Join us for the "Blood Pressure Basics" webinar to learn more about why it’s so important to understand blood pressure. You'll also learn about lifestyle changes you can make today to help lower your blood pressure and keep it in a healthy range.

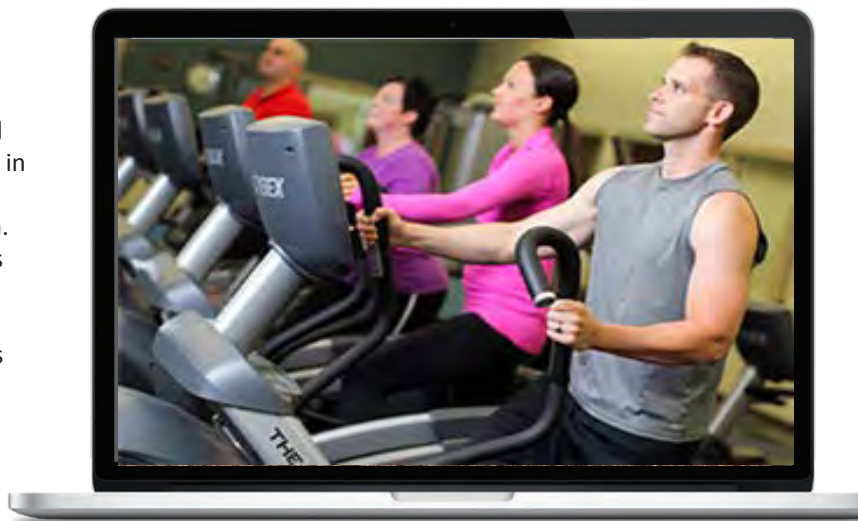
Tuesday, October 10, 12pm – 12:45 pm & 4pm-4:45pm

Register* here:

<https://attendee.gotowebinar.com/rt/2196220986068655107>



Ingrid Jorud, MS, RD, LD, is a registered dietitian and certified personal trainer who specializes in lifestyle change using a whole foods and moderation approach. Her personal philosophy centers on the idea that food is our first medicine and that healthy food doesn’t need to be anything less than tasty.



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*Can't make the webinar? No problem. All registrants will receive a recording of the webinar sent to their email.