



**Alzheimer's
Resource
of Alaska**



Caregiving 101 Webinar:

Blood Pressure: Know Your Numbers

Monday, May 9

1:00 PM - 2:30 PM

[CLICK HERE TO REGISTER](#)

**For registration
information or assistance:**

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Lifestyle strategies play an important role in treating and managing blood pressure. Research shows blood pressure has risen during the pandemic. Maintaining a healthy weight, reducing stress, exercising regularly and eating a healthy diet can help to control your blood pressure.

Join Linda Vlastuin, RN, with the Alaska Kidney Foundation, to learn more about how you can lower your risks for high blood pressure!

Free to attend! Registration required. Share with friends and family.