



Learn to protect your heart.

HYPERTENSION

&

HEART HEALTH

UC
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Wednesday,
February 26, 2025

at Cloverdale Senior
Multipurpose Center
1:00 - 2:30 pm

Zoom: <https://t.ly/webinar2.uc>

Registration: scan this QR code or type this URL in your browser

<https://t.ly/webinar2.uc>



Speaker: Dr. Zaw Wai Htoo
Advisor, University of California
Cooperative Extension

Who should attend?

- *People with high blood pressure.*
- *People concerned about preventing hypertension.*
- *Caregivers, families, and friends.*
- *Anyone interested in living a heart-healthy lifestyle!*

For in-person participants, please call 707-894-4826 or contact Program Manager, **Melanie Hall** at melanie@cloverdaleseniorcenter.org