



American Heart Association®

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# Webinars



4-month series of Hypertension and Lifestyle management (Zoom) webinars.

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Or Call: (408) 606-5950 Or Email: [padmaja.vasireddy@heart.org](mailto:padmaja.vasireddy@heart.org)

First 40 registered participants will get.. **Free Blood Pressure Machine shipped to their mailing address.**



Heart disease and stroke are the #1 and #5 killers of Americans.

Join our webinar to learn how to reduce your risk today!



Presented by El Camino Healthcare District, and American Heart Association.

This program prioritizes residents of Sunnyvale, Mountainview, and Los Altos.

American Heart Association local Supporters



華人健康促進計畫  
Chinese Health Initiative

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### Webinar Information

**Dates:** Saturday March 6<sup>th</sup>, March 20<sup>th</sup>, April 10<sup>th</sup>, April 17<sup>th</sup>, April 24<sup>th</sup>, May 8<sup>th</sup>, May 15<sup>th</sup>, and June 5<sup>th</sup>.

**Timings:** 10 am – 11 am

**Location:** Zoom