



Under Pressure

Controlling your blood pressure is more important than ever

New guidelines released by the American Heart Association have redefined high blood pressure as 130/80, which is lowered from 140/90. Nearly half of Americans now suffer from hypertension, and many don't even know it! Isn't it time to get to know this silent killer?

Thursday, January 25

5:00 pm — FREE blood pressure checks

provided by Johnson County Community Health Services

5:30 pm — Expert Panel Discussion

Learn from experts about the new guidelines, your risks and how to reduce them.

Jayne Brockhaus, M.D. — Family Practice of Central Missouri

Terri Meyer, APRN, FNP-C, CDE, CES — Western Missouri Cardiology

Jessie Burgess, RD, LD — WMMC Clinical Nutrition

Betsy Hodges, RN — WMMC Cardiac Rehabilitation

Conference Room 1 (located left off Main Entrance)

Western Missouri Medical Center | 403 Burkarth Road

Space is limited, please RSVP to (660) 262-7462

Hosted by the Western Missouri Medical Center Foundation



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