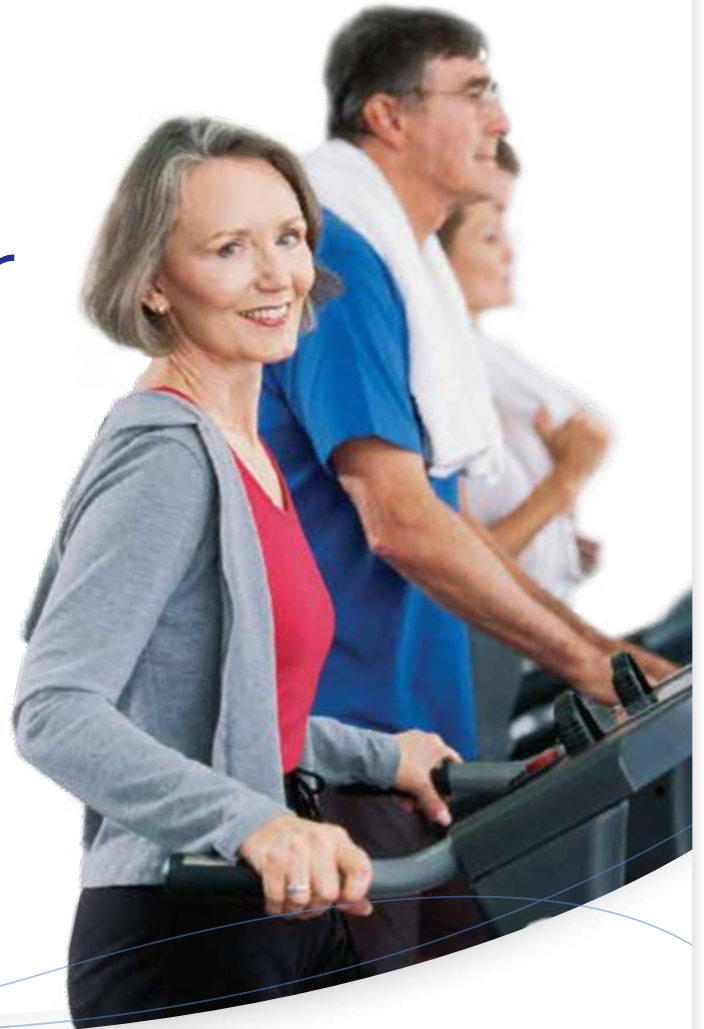


## FREE HEALTH LECTURE

# How to lower your blood pressure



### HYPERTENSION INCREASES RISK OF DYING FROM STROKE & HEART DISEASE

Uncontrolled high blood pressure (hypertension) is the leading cause of heart disease and stroke. In fact, people with high blood pressure are four times more likely to die from a stroke and three times more likely to die from heart disease, compared to those with normal blood pressure. That's why it's vitally important to take action and reduce your blood pressure early on.

Come hear a board-certified internist explain why high blood pressure is so dangerous. Then learn about treatments and lifestyle changes that can lower your blood pressure and reduce your risk of heart disease and stroke.

**Speaker** Kanwal Ejaz, MD, of Internal Medicine Associates of Boulder

**When** Tuesday, July 14, from 11 a.m. to noon

**Where** Calvary Bible Church, 3245 Kalmia Ave., Boulder

#### Reservations required:

[bchlectures.org/bloodpressure](http://bchlectures.org/bloodpressure) • 303-441-0580

