



Blood Pressure *Learning Academy*



Thursday, June 18

11:00 am - 1:00 pm

Council Chambers, basement City Hall

(Parking in Civic Plaza will be Validated)

Open to employees and family members

FREE blood pressure checks before and after the event



Join Dietitian and real food advocate **Jennie McCary** for a fun cooking demonstration. Jennie is passionate about teaching people how to eat real, healthy foods in a manner that is scientifically proven to prevent disease and increase health.

**Come ready to learn, engage
and eat lunch together.**

2 hours approved leave for City of Albuquerque employees with supervisors' prior approval. Limited enrollment. Please register by **June 10**.

<https://www.surveymonkey.com/s/CABQBP>

**No-Cost Event
VALUED AT \$190!**



BetterHealth

CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES



The
Solutions
Group