

Mission Possible:

# Hypertension Management

Did you know that high blood pressure, also known as hypertension, is the leading risk factor for heart disease and stroke?

Nearly half of all adult Americans have high blood pressure, yet only about 30% are aware of their condition because symptoms are often silent or hard to detect. Join our Endeavor Health Medical Group panel of primary care experts, [Yumna Ahmad, MD](#), [Thomas Bleasdale, MD](#) and [Michael Glickman, MD](#), to learn more about this common heart condition and to discover how you can manage your hypertension through lifestyle modification and affordable medications. Q&A will follow the presentation.

Wednesday, Sept 25, 2024

7:15 – 8:15pm

Virtual | *Free*

Register by scanning the QR code or online at [EEHealth.org/classes](https://EEHealth.org/classes).

