



## 2026 EUTF HMSA Health Education Webinars

# Hypertension Explained

What is hypertension, and why do I need to worry about it? We'll discuss what blood pressure numbers mean and how to monitor your numbers, perhaps by testing yourself at home. We'll also talk about how to prevent and control high blood pressure.



**Thursday, Feb. 19**



**11:30 a.m. - 12:15 p.m.**



**Attend and be entered for a chance to win a \$100 Amazon e-gift card.**  
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