

# New Mexico State University

**Health Talks** (brown bag luncheon)

## **High Blood Pressure (Hypertension):**

The most common cardiovascular disease

**April 25, 2006 (Tuesday) 12:00-12:50 pm**

The Brown Bag Health Talks are an informal and interactive way to provide practical information on health issues that may affect you or a member of your family.

On April 25, 2006, Dr. J.M. Berning, Director of the Exercise Physiology Laboratory, NMSU, will discuss this topic in the NMSU Safety Training Facility, room 110, in Academic Research C.

Many people have elevated blood pressure (BP) and many are on medication to reduce blood pressure. The session will consist of 30 minutes of discussing blood pressure and its significance as it pertains to your health and wellbeing. The remaining 20 minutes will be dedicated to an on-hands learning session. Blood pressure cuffs will be provided. You will actually learn to take BP measurements on a fellow employee.

The Brown Bag Health Talks are a monthly event designed for the individual who wants to understand more about various health issues in an informal setting with easy access during the lunch hour. Bring your lunch and engage in learning things that will help 'YOU' to better manage your health.

For more information on these topics and a location map, check the Safety News section on the NMSU Safety website at <http://www.nmsu.edu/safety> or call Environmental Health & Safety.

**Live, Learn and Thrive.**

