Sign up for **Check It! 12-week** blood pressure monitoring workshop in **Wellness at Work**

Want to improve your health?

Grab your coworkers and family members 18 and over to join the **Check It!** program, an interactive way to track your blood pressure and make lifestyle changes to reduce your risk of heart disease and stroke!

Register NOW!

Join the workshop by logging in to **Wellness at Work**.
Check Eweb for a list of blood pressure monitoring station locations.