



Check It! 2021

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
in July!**

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



BetterHealth
CITY OF ALBUQUERQUE
Better you.

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