



Maintaining A Healthy

Blood Pressure

Length: 1hr

Delivery modes: Onsite & Virtual Presentations; Pre-recorded tutorials.

Details: This presentation shares daily habits, lifestyle practices and actionable tips to help maintain healthy blood pressure levels.

Topics include:

- Helpful nutrients for reduced blood pressure
- Nutrition labels - what to avoid
- Meditation and breathing exercises
- Creative ways to manage stress
- Creative ways to integrate physical exercise into busy schedules

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a cardiovascular health education seminar, and is not intended to replace medical advice. For personal issues concerning cardiovascular health, participants are advised to seek the services of their chosen health professional.