



 Anderson
County Hospital
SAINT LUKE'S HEALTH SYSTEM

Free wellness education

Lunch and Learn

Join Jennifer Armstrong, RN, BSN, to learn what high blood pressure and heart disease have in common. You'll also learn steps you can take to lower your blood pressure and prevent high blood pressure.

Bring a lunch, and learn from one of our Saint Luke's experts.

This event is the one of several free lunch and learn sessions to be held throughout the year at Anderson County Hospital.

High Blood Pressure and Heart Disease

How they relate and what you can do about it

Jennifer Armstrong, RN, BSN

Wednesday, Feb. 20
Noon – 12:30 p.m.

Anderson County Hospital
Conference Rooms A and B
421 Maple St.
Garnett, KS 66032

785-448-3131

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