

# FREE Lunch & Learn

VIRTUAL SERIES | AGES 18+ | NOON - 1:00PM



## Seven Ways to Control Your Blood Pressure

**Thursday, April 20**

Learn how to lower your risk of heart disease, a stroke, and more.  
*Register by April 19.*

## Calcium, Bone Health, and Osteoporosis

**Thursday, May 11**

Get tips on how to build and keep strong bones for life.  
*Register by May 10.*



SCAN ME

[GwinnettExtension.com](https://GwinnettExtension.com)



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Gwinnett County