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LET'S TALK HEALTH

Hypertension:
Prevention and Early Awareness

DR. JENNIFER RINGROSE

Professor
Department of Medicine



FREE PUBLIC WEBINAR

Join Dr. Jennifer Ringrose, with the Department of Medicine for an informative discussion on what everyone should know about hypertension. Learn how blood pressure affects your overall health, who is at risk, common misconceptions, and the importance of early detection. This session will explore practical, evidence-based approaches to prevention, lifestyle factors that influence blood pressure, and when it may be time to speak with a healthcare provider.

Whether you have been diagnosed with high blood pressure, have a family history of hypertension, or simply want to better understand how to protect your long-term health, this session will provide reliable information grounded in current medical understanding.

WEDNESDAY, MAY 12, 2027
6 - 7 p.m.

For more information, visit uab.ca/dom.

