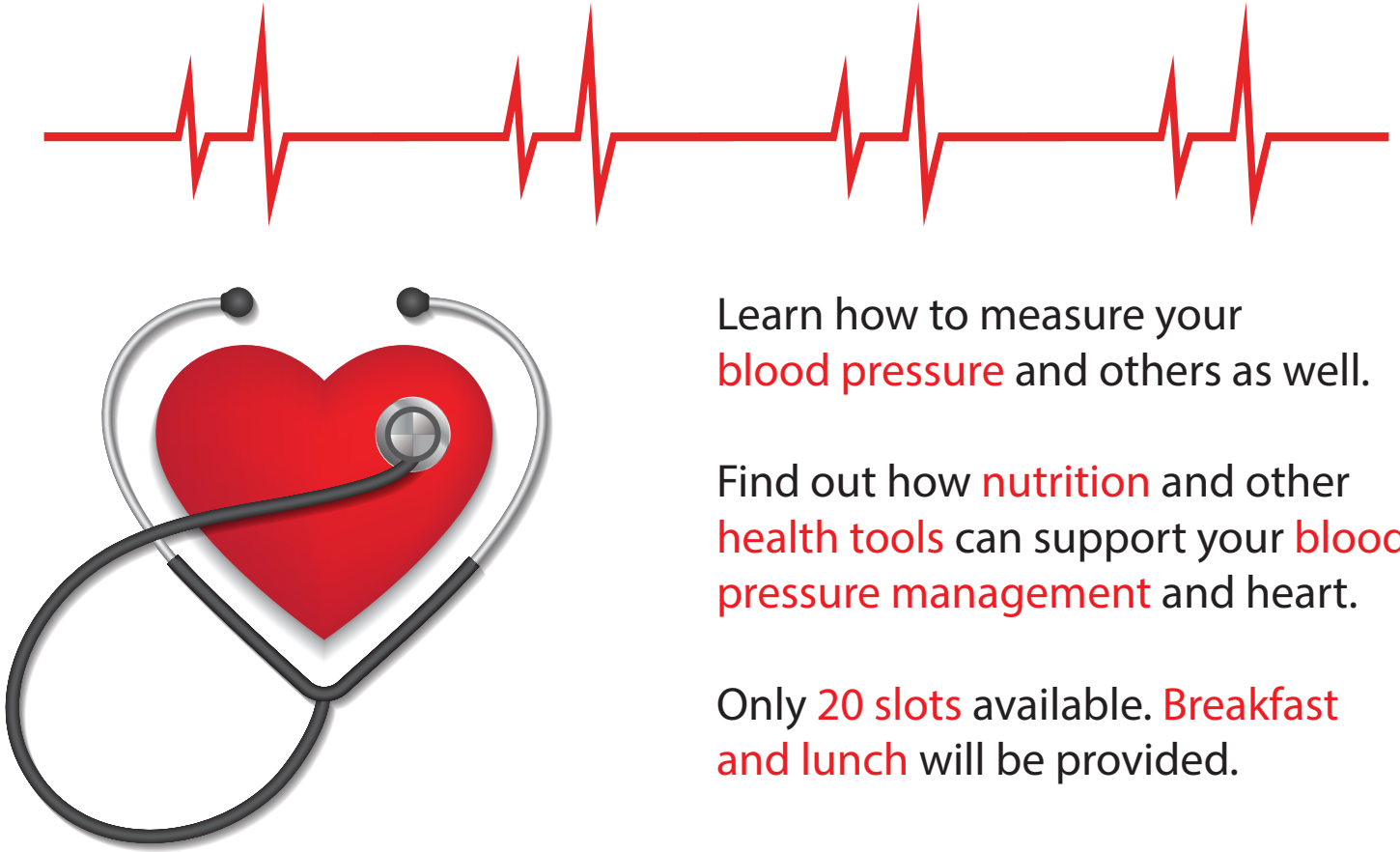


Healthy Heart Ambassador Training



Learn how to measure your **blood pressure** and others as well.

Find out how **nutrition** and other **health tools** can support your **blood pressure management** and heart.

Only **20 slots** available. **Breakfast and lunch** will be provided.

Pre-registration link: <https://forms.gle/d89NPqamPSKb9USh7>

May 14th

Miracles Central
1306 NE 2nd Ave
Portland, OR 97232

10 AM-3PM



Made possible with funding from the Centers for Disease Control and Prevention