## Empower Your Health: Blood Pressure and Type 2 Diabetes Prevention





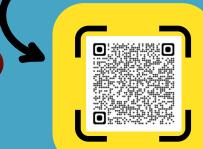
Join Living Well Taking Control for a free webinar to learn how taking control of your blood pressure can help to reduce your risk of type 2 diabetes, and explore other practical strategies to protect your wellbeing

REGISTER NOW

## **Find Out About:**

- The connection between blood pressure and blood glucose
- Practical lifestyle tips to reduce blood pressure
- Achieving balanced nutrition & hydration
- Ways to add movement into your daily routine
- How to manage stress
- Tips for improving sleep

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https://blood-pressure-and-diabetes-lwtc.eventbrite.com



