



***FREE Trainer Workshop***  
with **AJ Kalnins**  
**Blood Pressure Basics**

Friday, December 14<sup>th</sup> at 12:00 p.m. OR  
Wednesday, December 19<sup>th</sup> at 5:00 p.m.  
**1<sup>st</sup> Floor Conference Room**

Blood Pressure is one of the most commonly performed health related assessments. But what does it mean? How does your blood pressure affect your health? And what steps can you take to improve your blood pressure reading? This month's workshop will delve into these topics, as well as inform you about other basics and beyond on the topic of blood pressure.

Workshops are **FREE** and we encourage members and staff to bring friends and family members who may also be interested.

Register: Please call the Fitness Desk at (262) 513 - 7214 or email [Anne.Barber@phci.org](mailto:Anne.Barber@phci.org)