

---

**DON'T GO BREAKING MY HEART**  
*HEART HEALTH MONTH WEBINAR*  
*BROUGHT TO YOU BY FLORIDA HEALTH CARE PLANS*



---

**HEALTHY BLOOD PRESSURE**

Nearly half of Americans adults have high blood pressure and many don't even know it. Join FHCP provider Dr. Kris Bly for a review of healthy habits to keep our blood pressure in check.

Please see the following link to view the recorded webinar:

<https://youtu.be/M5XTOsH-nbs>