

## **Join Well Aware for *Beyond the Cuff***

Have you been told that rising blood pressure is just a normal part of aging or that your only options are cutting out salt and logging hours on a treadmill?

It's time to rewrite the rules.

In an eye-opening three-part series, *Beyond the Cuff*, we are moving past outdated advice to explore cutting-edge science that goes way beyond "eat less sodium." Topics to be covered include the following:

- The Insulin Connection: How managing blood sugar naturally relaxes your blood vessels
- The Potassium Balance: Why adding specific foods is more powerful than restricting others
- The Gut-Heart Axis: How your microbiome acts as a natural blood pressure regulator
- Vascular Inflammation: How cortisol levels and sleep patterns affect your arteries, and simple ways to hit reset

High blood pressure is often called the silent killer, but managing it shouldn't mean a lifetime of restrictive diets or confusing prescriptions. While medications are important tools, they aren't the only way to lower your numbers.

Designed specifically for the busy lives of Montgomery County Public Schools staff, this series will—

- demystify your numbers;
- explain how medications actually work; and
- provides simple, powerful guidance to help you take control of your vascular health.

Whether you are currently taking medication, monitoring a creeping number, or simply looking to protect your future health, this series will equip you with tools to naturally support healthy blood pressure without adding to your daily to-do list.

To register, [email Well Aware](#).

*Be sure to check out other upcoming wellness programs, classes, and resources on the [Well Aware web page](#) and in the [Well Aware Toolbox](#).*