



Know What Your Numbers Mean

When you go to your doctor, they take fasting glucose, blood pressure and cholesterol readings. Health Educator Rachel Lendner will review what each means and what you can do to improve them.

Know What Your Numbers Mean
Monday, February 5
12 p.m. - 1 p.m.

Register Now

Space is limited.

Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

