



SEMINAR

Heart Healthy Lifestyle

When: **February 23 at 12 p.m. - 1 p.m.**

Speaker: **Abinash Achrekar MD MPH**

Vice Chair of Faculty Development and Outpatient Services for the Division of Internal Medicine Associate

Where: Via Zoom ([click here](#))

Passcode: 001608

Questions: Email **Abby Camacho** at abhull@unmmg.org for questions



Dr. Abinash Achrekar is vice chair of internal medicine at The University of New Mexico (UNM). He is the former deputy cabinet secretary of the New Mexico Department of Health. In this role he served as the primary state health official. He was instrumental in setting up health care in Southern New Mexico for individuals seeking asylum, developed the first in country border health elective with partnership with UNM and New Mexico State University, and was a key architect in the recently passed comprehensive tobacco reform bills.

Topics for discussion during this seminar:

- Reducing blood sugar
- Managing blood pressure
- Controlling cholesterol
- Eating a healthy diet