

**Take
Charge
of Your Health!**

Register for the...

Living Well

with High Blood Pressure Program



Thursday, February 1, 2024

12:00pm until 2:30pm

OR

Thursday, February 15, 2024

5:00pm until 7:30 pm

OR

Thursday, February 29, 2024

12:00pm until 2:30pm

**This program consists of
1 FREE class**

Led by Trained Leaders

Who should register?

Individuals that have been diagnosed with high blood pressure.

Call 301-856-9465

Email: wellnessinfo@co.pg.md.us

BENEFITS

- Classes are FREE
- Learn how to manage high blood pressure
- Learn how to reduce sodium in your diet
- Learn how to read food labels
- Learn current blood pressure guidelines
- Learn the importance of taking medications as prescribed
- Learn how to take your blood pressure at home



Disclaimer: This program requires a minimum number of participants in order for the classes to be offered.

Must Register | Space is limited