

# LESS THAN **120/80** THE NEW NORMAL

**When:**  
Saturday, May 19, 2018

**Where:**  
Kentland Community Center  
2411 Pinebrook Ave.  
Landover, MD 20785

**Time:**  
10:00 am - 1:00 pm

Join Medical Professionals, Nutrition  
and Stress Management  
Experts in Recognition of  
**High Blood Pressure Education Month**

Learn about:

- High Blood Pressure Facts
- Prevention Tips
- Self Management Practices

**FREE OMRON 5 Series**  
**blood pressure monitors given**  
**to the first 50 attendees!**

*(Monitors will be distributed at the  
end of the Program)*

**HEALTH**  
**DEPARTMENT**  
Prince George's County

**FREE Lunch will be provided**

For more information contact Gill Douglass at:

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