

Healthy Living with



DIAGNOSIS



OVERWEIGHT



SEDENTARY



SALT
CONSUMPTION

HYPERTENSION



BETA BLOCKER



EXERCISE



NUTRITION



ALCOHOL

FREE WORKSHOP

Registration is Essential,
Space is Limited

Open to
All Veterans

Led by Certified & Trained Leaders

Are you a veteran and been told by your health care provider or nurse that you have high blood pressure? Do you think you might just have high blood pressure? Join us for an interactive workshop to learn how to better manage your high blood pressure.

Workshop Topics Include:

- **What is High Blood Pressure?**
- Your Heart and Arteries
- **Benefits of Healthy Eating**
- Problems with Salt/Sodium Intake
- **Taking Your Medications**
- Reading Food Labels
- **Know your Numbers**
- Home Blood Pressure Monitoring
And Much More!

Monday, August 28, 2017

1:30 AM to 4:30 PM

Snacks will be provided

Department of Family Services
6420 Allentown Road,
Camp Springs, MD 20748
Executive Conference Room

For Registration and More Information
call Curtis Cutler at 301-265-8652 or
email at cacutler@co.pg.md.us



Rushern L. Baker, III
County Executive



Elana Belon-Butler
Director



Living well
Take Charge of your Health

