

**Take  
Charge  
of Your Health!**

Register for the...

# Living Well

**with High Blood Pressure Workshop**



**Tuesday, February 25, 2025**

**1:00pm until 3:30pm**

**BENEFITS**

- Class is 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

**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](mailto:wellnessinfo@co.pg.md.us)**



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

**Must Register | Space is limited**