

Do you have high blood pressure?

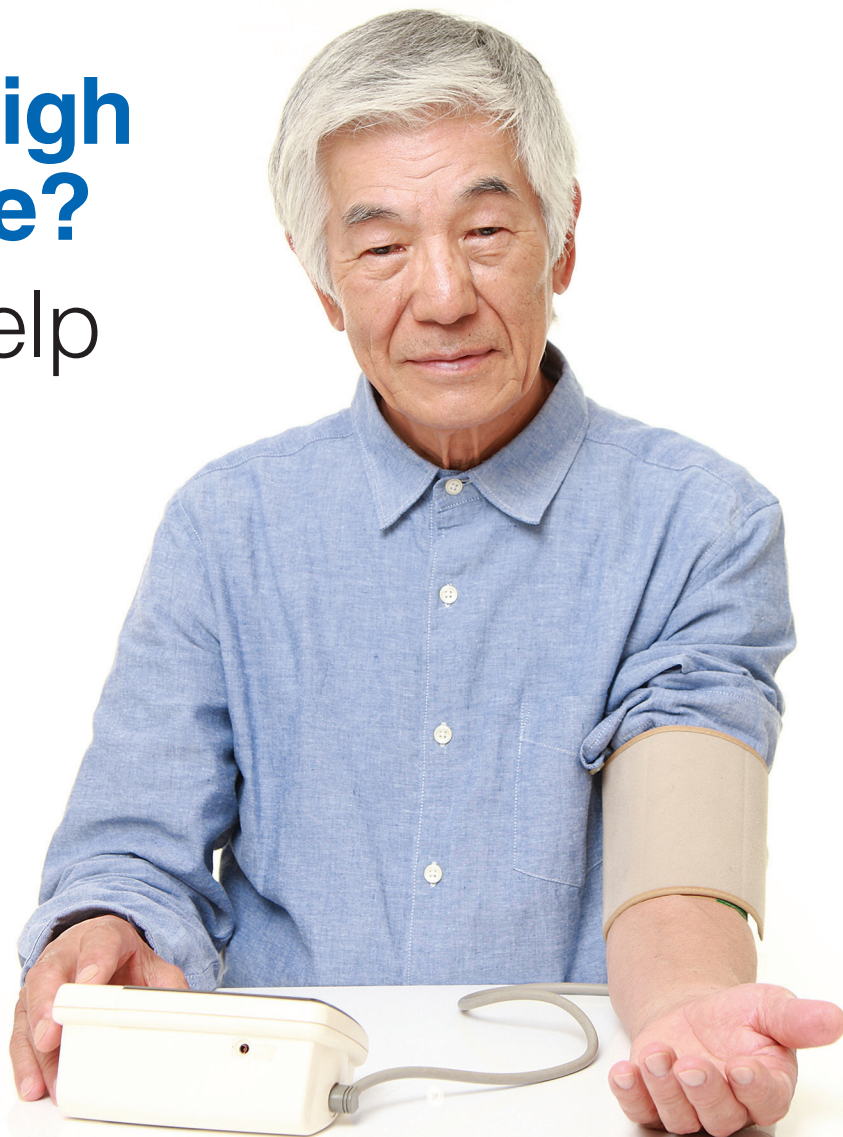
Do you need help managing it?

Sign up for

Know It Control It *for Seniors*

blood pressure management
for older adults

8 classes
(twice a month for 4 months)



You will receive:

- Blood pressure checks
- Training on how to take your blood pressure
- Tips and tricks for managing your blood pressure

In order to enroll in this program you must:

- Be at least 50 years old
- Have been diagnosed with high blood pressure
- Have a normal heart beat
- Not have had a heart attack or stroke in the past six months

For more information contact the blood pressure coach.