

Managing HYPERTENSION

Know your risk



How's your BP?

- Normal blood pressure is *below* 120/80
- Prehypertension is 120-39 systolic and 80-89 diastolic
- Hypertension is 140/90 or higher

What you can do!



Maintain a Healthy Weight



Exercise &
Reduce Stress



Reduce sodium, Increase
Nutrient-rich foods

To sign up for the next Hypertension Clinic, please call 646-9333. It runs every Thursday in four week sessions from 5:30pm-7:00pm. Most insurance accepted

NEXT HYPERTENSION CLINIC SCHEDULE

September 29th – October 20th

October 27th – November 17th

December 1st – December 22nd