



## Living Well with Hypertension

### Take Charge! FREE Online Interactive Living Well with Hypertension Workshop

This workshop will help you learn how to better self-manage your hypertension.

#### Take charge of your health:

- Set your own goals
- Make a step-by-step plan to improve your health and life
- Participate to learn about self-management

#### Did you know that self-care behaviors can help to lower blood pressure?

Join us for a free 2 1/2 hour interactive workshop that teaches you the skills and lifestyle modifications that are needed to be in better control of your blood pressure.

- What is high blood pressure
- Know your sodium
- Reading food labels
- Where's the salt

#### Living Well With Hypertension - Virtual Class via Zoom

**NEW!** Saturday, March 27, 2021, 9:00 – 11:30 a.m.

**NEW!** Wednesday, April 21, 2021, 1:00 – 3:30 p.m.

**NEW!** Wednesday, May 12, 2021, 4:00 – 6:30 p.m.

#### Register for this virtual event by visiting:

[healthywashingtoncounty.com/events](https://healthywashingtoncounty.com/events) or call 301-790-8964.

Upon registering, program information will be sent to you via Email.

