



## Living Well with Hypertension

### Take Charge!

### FREE 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 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

**NEW!** Thursday, July 15, 2021, 1:00 - 3:30 p.m., Robinwood Professional Center, Suite 122A

**NEW!** Wednesday, Sept. 15, 2021, 7:30 - 10:00 a.m., Meritus Education Center, Suite 2949

**NEW!** Saturday, Nov. 13, 2021, 9:30 a.m. - noon, Robinwood Professional Center, Suite 122A

#### Register for this event by visiting:

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

**Social distancing will be in place and masks are to be worn during workshop.**

