Meritus Health

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! Wednesday, Feb. 16, 2022, 5:30 - 8:00 p.m., Robinwood Professional Center, Suite 122A

Register for this event by visiting:
healthywashingtoncounty.com/events **or call 301-790-8964.**

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