



# DO YOU HAVE HIGH BLOOD PRESSURE?

PLEASE JOIN US FOR HBP CONTROL:  
A HYPERTENSION SELF-MANAGEMENT PROGRAM.

High blood pressure (also called hypertension) puts you at risk for heart disease, stroke, kidney damage, vision loss and more. Controlling your blood pressure is important.

**72** MILLION AMERICANS HAVE  
**HIGH BLOOD PRESSURE**  
NEARLY **1** OUT OF **3** ADULTS

**LEARN:**

- the basics of high blood pressure
- tips for stress management
- the importance of nutrition
- incorporating physical activity
- and much more



**LIFESTYLE CHANGES CAN HELP LOWER HIGH BLOOD PRESSURE**

High blood pressure can lead to numerous health issues. Learn ways to maintain a healthier lifestyle.

*You do not need to be a Beaumont patient to participate.*

| DAY       | 8 WEEKLY SESSIONS  | TIME           |
|-----------|--------------------|----------------|
| Thursdays | Aug. 11 - Sept. 29 | 6–7:30 p.m.    |
| Fridays   | Aug. 19 - Oct. 14  | noon–1:30 p.m. |
| Mondays   | Sept. 12 - Oct. 31 | 6–7:30 p.m.    |
| Tuesdays  | Sept. 20 - Nov. 8  | noon–1:30 p.m. |
| Thursdays | Oct. 6 - Dec. 1    | noon–1:30 p.m. |
| Mondays   | Oct. 10 - Nov. 28  | 6–7:30 p.m.    |



TO REGISTER FOR ONE OF THESE WORKSHOPS, please call **800-633-7377** or visit [classes.beaumont.org](https://classes.beaumont.org)

