

High Blood Pressure Education Group

Do you suffer from high blood pressure?

Join us for 6 educational sessions offered at the CSCE by our nurse and dietitian. These information sessions will provide you with tools to help you better manage your blood pressure.

The following subjects will be discussed throughout the sessions:

- ♥ What is high blood pressure?
- ♥ Medications that help lower blood pressure
- ♥ Healthy eating
- ♥ Physical activity
- ♥ How to take your blood pressure at home
- ♥ Stress management

Date: Mondays, April 3rd to May 15th, 2017

Time: 6:00 p.m. to 8:00 p.m.

Location: Centre de santé communautaire de l'Estrie
(1 Nation Street, Crysler)



Program is given in English. Free of charge! Places are limited!

Call now to register at 613-987-2683.

** Doctor's referral not required. **



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de l'Estrie