



FREE Blood Pressure Workshop

This workshop is for people who have been diagnosed with hypertension (high blood pressure) who want to learn how to better manage their condition.



Topics That Will be Discussed

- What is High Blood Pressure
- Problems with Salt/Sodium Intake
- Home Monitoring Tips
- Where's the Salt
- Know What Your Numbers Mean
- Nutrition Tips

Virtual Class

January 27, 2026

5:00 PM - 7:00 PM

must register and provide email
to get Zoom link.

To pre-register, call 301-609-6622 or fill out this form

<https://forms.gle/jSmtLqCrwtC6ULho7>