

# Trumbull Health Department Presents:



## VIRTUAL

### High Blood Pressure Self Care & Prevention Workshop

Take Your Blood Pressure to Heart

**GET A FREE HOME BLOOD PRESSURE MONITOR KIT**

The high blood pressure self care prevention program is a six week workshop that will focus on:

- Tools to take control of your blood pressure
- Home monitoring of blood pressure
- Learning the differences between normal vs. high blood pressure
- Healthy Eating & Physical Activity
- Medications & Treatment
- Meditation & Relaxation

**Date: Wednesdays: 7/15, 7/22, 7/29, 8/5, 8/12, 8/19 \* Time: 6:30—8:30 pm**

**Virtual Meeting (Internet Access Required)**

**REGISTRATION IS REQUIRED**

**Contact Sue Jacozzi at 203-452-1031/[sjaco@trumbull-ct.gov](mailto:sjaco@trumbull-ct.gov)**

**July 15- Week 1:** Blood Pressure Classifications

**July 22- Week 2:** Self-Measurement of Blood Pressure

**July 29- Week 3:** Healthy Eating

**August 5- Week 4:** Understanding your Medication

**August 12- Week 5:** Adherence to High Blood Pressure Therapy: Questions to ask your doctor, resources and support.

Lifestyle Modifications: Identifying and maintaining a healthy weight; Physical activity.

**August 19- Week 6:** Hypertension Emergencies and Urgencies; Self-measurement of blood pressure.



**Public Health**  
Prevent. Promote. Protect.

**TRUMBULL HEALTH DEPARTMENT**

335 White Plains Road

Trumbull, CT 06611

(203) 452-1030

[www.trumbull-ct.gov/thd](http://www.trumbull-ct.gov/thd)