

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/sjacozzi@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.

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