

Managing your Blood Pressure



Queen's
UNIVERSITY Family
Medicine

Have you recently been diagnosed with high blood pressure or are you concerned about a family member or friend with high blood pressure?

If so, we invite you to join our new Managing your Blood Pressure program.



THURSDAYS

2 – 4 p.m.

Oct. 19 & 26

Nov. 9 & 16, 2023

Format: Four-week group workshop/information sessions

Facilitators: Karen and Dominique, Registered Nurses

Guest speakers: Allison (Registered Dietitian), Erin (Social Worker), and Nicole (Registered Pharmacist)

To register, contact Michelle at 613-533-9303, Ext 73913, or michelle.little@queensu.ca.

QUEEN'S FAMILY HEALTH TEAM

115 Clarence Street
(Haynes Hall)
First-Floor Seminar Room

* Open to QFHT
patients only

TOPICS:

- Week 1:** Overview of blood pressure and hypertension (high blood pressure), risk factors and adverse health outcomes, measuring blood pressure, and home monitoring
- Week 2:** Medications and other related health conditions
- Week 3:** Exercise and diet
- Week 4:** Stress management