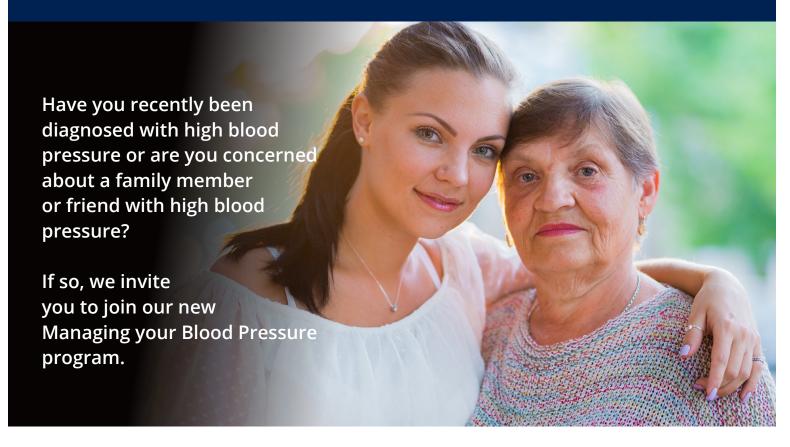
Managing your Blood Pressure





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