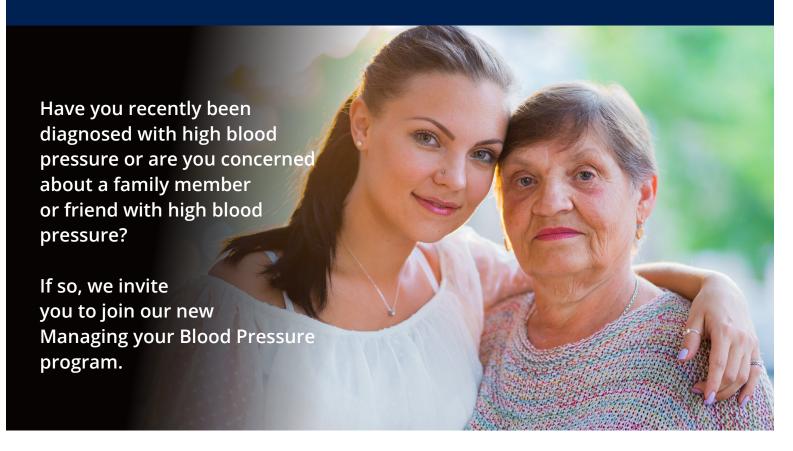
## **Managing your Blood Pressure**





## **First Sessions:** Thursday afternoons

1:30 - 3:30 p.m. April 20, April 27 May 4, and May 11, 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)

## 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