



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.

## 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