



Can Your Heart Stand the Pressure?



Blood Pressure Self Care Program

6 FREE Classes*

Wed., Apr. 12, Tues., Apr. 18, Wed., Apr. 26, Wed., May 3,

Wed., May 10 & Tues., May 16, 2017

6:00–8:00 PM

Includes discussion on Fitness & Medication Use
Greenwich Town Hall, 3rd Floor, Hayton Conference Room

Pre-Registration is Required: Call 203.622.6495

** Class size limited **

Presented by Barbara Schmidt, MS, RD, CDN

Sponsored by the Greenwich Department of Health

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