



## Can Your Heart Stand the Pressure?



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### **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

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**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*

*\*Supported by a grant from the Connecticut Department of Public Health*