

**LET'S
BRING THE
PRESSURE
DOWN**



**1 in every 3 adults have high blood pressure.
High blood pressure puts you at risk for heart
disease and stroke.**

**Join WorkWell NYC for our VIRTUAL
Hypertension Prevention
& Management Program**

**A 10 week virtual course designed to help employees take
action to prevent or control high blood pressure.**

Register today! Launching in February 2021!

**Register at
on.nyc.gov/virtualhtn**



FAQs

1) Tell me more about the Let's Bring The Pressure Down.

The program will consist of 10 one-hour weekly virtual group sessions. Topics covered will include:

- Risk factors and health concerns for high blood pressure
- The role of diet, stress, exercise, goal setting, and medication adherence in blood pressure control
- Creating a support team for blood pressure control

2) I am not sure if I have high blood pressure, should I participate?

Do you know that approximately 88,000 City Employees have high blood pressure and many do not know they have it? High blood pressure is often called “the silent killer” because it typically has no symptoms until after it has done significant damage to the heart and arteries. Even if you don't have high blood pressure, this workshop will help you prevent high blood pressure in your future.

3) What are expectations of participants?

Participants are expected to attend all 10 one-hour virtual weekly sessions which will take place during during lunch time. Participants are also required to be a supportive peer and participate in surveys.

4) Will I have fun and feel supported during the program?

Yes! The Workshop will be a fun and supportive environment where participants will gain the tools and knowledge to prevent and manage high blood pressure. We create a non-judgmental and secure space for participants to have honest conversations.

5) Great! I want to join the program. How do I register?

You can register for the info session at on.nyc.gov/virtualhtn. The exact start date and time for the sessions will be released soon and sent by email.

If you have any further question about the program, email Brenda Dash at bdash@olr.nyc.gov