# Take Control of Your Blood Pressure: **Hypertension Awareness & Management Course**



## Join our FREE 6-week course to learn more about blood pressure.

The goal of this course is to educate participants on high blood pressure, health risks, and effective strategies for prevention and management. The course will discuss healthy behavior changes and lifestyle factors that can lower your risk.

### What topics will the course cover?

- Blood Pressure Overview
- Risk Factors
- Medication Management
- Complications of Hypertension
- Hypertension Diagnosis
- Cooking Demonstration
- Exercise
- Stress Management

**Date:** Every Tuesday beginning, Tuesday, February 3, 2026

**Location:** In-person for the first and last class
Virtual for the remainder of classes

**Time:** 6:00 PM - 7:00 PM

**Address:** Belcher Pavilion
2000 Medical Pkwy, 7th floor
Annapolis, MD
Classrooms 4/5

**REGISTRATION IS REQUIRED!**
Scan the QR Code to sign-up or visit **tinyurl.com/ybdtnvb6**

Luminis Health℠