



Take the steps to control high blood pressure and help the heart, body and mind stay healthy. Join our three-part series and learn how to monitor blood pressure, understand medications, and take small steps toward healthier living. Create a self-care action plan and get follow-up coaching to stay on track.

Presented by Florida Blue and the

Dates:

Time:

Place:

Contact:

To register for the event:

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).
ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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