

Can Your Heart Stand the Pressure?

6 FREE classes for Nutrition Management to lose weight, lower your blood pressure and reduce your risk of heart disease.

Participants will be monitored by

- Blood pressure screening
- Weekly weigh-ins
- Food log review

Program discussion will include:

- Lifestyle
- Nutrition
- Behavior
- Exercise
- Medication use



2017

**6 FREE Blood
Pressure Self Care
Classes**

**Includes
FREE Blood
Pressure Screening**

Presented by **Barbara Schmidt, MS, RD, CDN**

Greenwich Town Hall, 3rd Floor, Hayton Conference Room

Tuesday/Wednesday Evenings: Wed., Apr. 12, *Tues., Apr. 18,
Wed., Apr. 26, Wed., May 3, Wed., May 10, & *Tues., May 16

6:00 — 8:00 PM

*Tuesday classes will be held in the Evaristo Conference Room, 3rd fl., Town Hall

Pre-registration required: Call (203) 622-6495

*** Class Size Limited ***

Sponsored by the Greenwich Department of Health

Supported by a grant from the Connecticut Department of Health