

Rise to the occasion. Lower your risk.



Chances are, you've heard your blood pressure numbers before. But do you know what they mean? Come find out and, more important, learn what you can do to manage your numbers and lower your risk of heart disease.

It's time to take control of your blood pressure. Sign up today.

The Your Blood Pressure program is a five-week course made available through your employer. Each hour-long class is led by a professional health instructor and focuses on the information and motivation you need to start living a heart-smart, healthier life.

Topics covered throughout the course include:

- What blood pressure numbers mean and how they're measured
- Effects of chronic hypertension and prehypertension
- Common causes of high blood pressure
- Heart-smart nutrients and the foods that contain them
- Effective exercises that improve blood pressure through healthy weight loss
- How sleep and stress affect blood pressure

GO YOU[®]



The information provided through this course is for educational purposes only. It is not intended as medical advice. You should always consult with your doctor or other health care professional when making decisions related to your health care, including prior to undertaking a new diet or exercise program.

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