



**JOINT TOWNSHIP DISTRICT  
MEMORIAL HOSPITAL™**  
AN AFFILIATE OF GRAND LAKE HEALTH SYSTEM



# Prehypertension and Hypertension Class

## 2019 Schedule and Registration

### Is your blood pressure elevated but not high enough to be diagnosed with hypertension (prehypertension)?

- This is called prehypertension, and it's a wake-up call that you're on the road to developing hypertension. However, it's not too late to turn things around.

### Do you already have high blood pressure (hypertension)?

- Help yourself and your doctors by learning the things you can do to help better control your blood pressure.

**DETAILS:** The class will be approximately 1-2 hours and will provide education on the following:

- What your numbers mean
- What you can do to improve high blood pressure
- Eating to control your blood pressure
- Understanding medications

**FEE:** \$20.00

**WHERE:** Joint Township District Memorial Hospital conference rooms

**REGISTRATION:** Class size is limited. Late registrations are accepted based on availability of adequate seating

#### **DATES/TIMES:**

**FEBRUARY 19, 2019 @ 5:30 p.m.**

**MARCH 16, 2019 @ 11:30 a.m.**

**APRIL 23, 2019 @ 5:30 p.m.**

**MAY 21, 2019 @ 5:30 p.m.**

**AUGUST 17, 2019 @ 11:30 a.m.**

**SEPTEMBER 17, 2019 @ 5:30 p.m.**

**OCTOBER 19, 2019 @ 11:30 a.m.**

**FOR MORE INFORMATION OR TO REGISTER, CALL 419-394-3335 EXT 3536  
OR email: [cmodica@jtdmh.org](mailto:cmodica@jtdmh.org)**