



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



Pre-Hypertension and Hypertension Class

2020 Registration

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

- This is called pre hypertension, 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: Education will be provided individually or a small group

Call the number listed below to schedule your appointment

FOR MORE INFORMATION OR TO MAKE AN APPOINTMENT CALL 419-300-1125