



Your Blood Pressure: Reaching the Target

A one hour basic hypertension educational class for anyone who has higher than normal blood pressures and needs to understand the condition better in order to have good blood pressure control.

The class will cover the basics of high blood pressure – what it is, causes, risk factors, complications, treatment, classification of high blood pressure medications and how to correctly check your blood pressure.

All classes will be in the Neuse Room located on the lower level and will begin promptly. Class sizes are limited and credit for attendance requires the participant to be present for the full session.

Available 2017 classes

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| January 2 10:00 - 11:00 am | April 4 2:00- 3:00 pm | July 24 10:00 – 11:00 am | October 11 1:00 – 2:00 pm |
| February 7 2:00 - 3:00 pm | May 1 10:00 11:00 am | August 2 2:00 – 3:00 pm | November 8 1:00 – 2:00 pm |
| March 6 10:00 - 11:00 am | June 6 2:00 -3:00 pm | September 13 1:00 – 2:00 pm | December 6 1:00 – 2:00 pm |

Registration for each class must be done by contacting Gail Carraway at 252-522-7014.

