

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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.

Location: Minges Wellness Center Classroom on the Lower Level

Time: 2pm

Cost: Free

2022 Class Schedule

January 24

May 16

February 21

September 19

April 11

December 12

Class size is limited to 10 people

Registration for each class must be done by contacting Deb Williams at 252-522-7014.