

# 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**

**Cost: Free**

### 2023 Class Schedule

**January 23** (Monday) 12:00-1:00pm

**February 21** (Tuesday) 8:30-9:30am

**March 22** (Wednesday) 3:00-4:00pm

**April 20th** (Thursday) 12:00-1:00pm

**May 19th** (Friday) 8:30-9:30am

**September 18th** (Monday) 3:00-4:00pm

**December 19th** (Tuesday) 12:00-1:00pm

*\*Class size is limited to 10 people\**

**Registration for each class must be done by contacting 252-522-7657.**

*live well*  
**LENOIR**