



High Blood Pressure got you down?



Join *Off the Cuff*
with Dan &
Heather



**Weekly support group
where you'll learn about:**

- Managing stress
- What causes high blood pressure
- How to monitor and manage your BP

To join, ask a staff member
Or call [443-703-1380](tel:443-703-1380)

Wednesdays 1-2:30 pm | April 17-June 5
3rd Floor Group Rooms