



Hypertension 101:

The Journey to Better Blood Pressure Control

Take control of your blood pressure and begin your journey to better health

Wednesday,
May 29, 2024
6:30-7:30 pm

Join us and learn:

- What is hypertension?
- Prevention and management
- Lifestyle changes
- Get your questions answered

Sign-up by phone or online

 905-362-3508

 www.carepointhealth.ca

