

HEALTH COACHES FOR HYPERTENSION CONTROL 8-WEEK WORKSHOP

- Designed to help people with hypertension manage, lower, and prevent future complications from high blood pressure
- Trained health coaches provide eight 90-minute sessions
- Lifestyle changes are recommended, including weight reduction and increasing physical activity
- Covers communication, nutrition, physical activity, tobacco use cessation, behavior change, stress, medication, and community resources



Beginning February
2025

In Person &
Virtual Groups

Lower your
risk of stroke
and heart
disease!



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To Register: Call 320-650-3082 or email whitneyseiorcenter@ci.stcloud.mn.us or online at whitneywellness.org

