Hypertension/101

Worried about high blood pressure? Come to our Hypertension 101 Class to learn lifestyle strategies including the DASH Diet, that can help prevent or lower high blood pressure

Note: Team hill federal employees can utilize LX leave to attend Health and Wellness classes upon supervisor's approval

3rd Wed of every month
9-10 AM at the
Health and Wellness Center
(Bldg 533) Call 777-1215 to sign up.