



HBP CONTROL

A HYPERTENSION SELF-MANAGEMENT PROGRAM

Helping you take charge of your health!

HBP Control will help you build skills and tools to manage your hypertension (high blood pressure) and live a healthier life. It is a fun, interactive, eight week workshop led by certified leaders.

Distance Learning

Where:

Zoom Video Conference
(requires a computer or device with internet access)

When:

Tuesdays at 6:00 - 7:30pm

Sessions 1-8:

October 25, November 1, 8,
15, 29, December 6, 13, 20

To register:

Visit www.nkfm.org/HBPC
or call 734-222-9800.

This workshop is offered at no cost to participants. You will get a free blood pressure monitor.

Learn how to:

- Monitor your blood pressure
- Cope with stress
- Make healthy food choices
- Create a physical activity plan
- Manage your medications
- Keep personal action plans – and more

NKFM is committed to providing access, equal opportunity and reasonable accommodation in its programs. To request accommodation contact the PATH team at least ten days in advance at: 800-482-1455 or e-mail at PATHPrograms@nkfm.org.



of Michigan



During registration, please indicate if you need special accommodations in order to participate. Since this is a full six-week workshop, new participants are unable to join after week 2.

National Kidney Foundation of Michigan | 2022 | 800-482-1455 | www.nkfm.org
For other wellness programs in Michigan, visit www.mihealthyprograms.org.

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