

# High Blood Pressure Management

A self-management workshop to help you learn the basics of controlling your high blood pressure through eating healthier, becoming more active, relieving stress and more!

1 in 4 Vermont adults has been told they have high blood pressure.

High blood pressure means the force of blood flowing through your blood vessels is consistently too high. If left untreated, it can damage your circulatory system and lead to serious problems, such as **heart attack, stroke, kidney damage** or **brain health complications**, such as memory loss and confusion.

## The Workshop

### High Blood Pressure Management

#### WHAT THE PROGRAM OFFERS

This small-group workshop is led by a trained health coach and designed to provide support and skills to help people take control of their blood pressure. Participants learn the basics of managing high blood pressure, including help with medications, quitting tobacco, healthy eating, physical activity and stress management.

#### TIMING

This workshop meets weekly for 1.5 hours, for 8 weeks.

#### WHO IT'S FOR

Vermonters aged 45 and older who've been diagnosed with high blood pressure or hypertension. A support person, such as a spouse or friend, is welcome to attend the workshop as well.

#### FOR INFORMATION...

For information on the **High Blood Pressure Management Program**, contact:

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