

# Increase Your Knowledge About Your Blood Pressure!

- Learn about risk factors for high blood pressure.
- Reduce potential complications of high blood pressure.
- Set goals and make a step-by-step plan to achieve them.
- Learn how simple changes in diet and lifestyle can help you manage your blood pressure and feel better.



To register, call  
**813-307-8009**

P.O. Box 5135 Tampa, FL 33675

For more information, visit  
[Hillsborough.FloridaHealth.gov](http://Hillsborough.FloridaHealth.gov)



# BP For Me

**Blood Pressure  
Management Education**



**Manage your blood pressure,  
don't let it manage you!**

**Florida  
HEALTH**  
Hillsborough County





## You CAN Manage Your Blood Pressure

- Each session provides valuable tools and information designed to help you take control of your blood pressure.
- Taught by registered dietitians and experienced health educators.
- Groups meet for **60 minutes a week for 5 weeks** in convenient locations throughout Hillsborough County.

## Eligibility and Cost

- Classes are **free**.
- Open to adults **18 and older**.  
*(One support person may accompany a participant.)*
- Registration is required.

### Normal

Less than 120

Less than 80

### Program Topics

- Reducing Risks and Complications of High Blood Pressure
- Healthy Eating and DASH
- Making Changes that Work
- Medications

