



Alliance
MEDICAL CENTER

Healthy Living with Hypertension

Hypertension Class

Tuesdays March 14, June 13, Sept 12, Dec 12

4pm to 5pm

Participants Will Learn:

- How to use a blood pressure machine to take their own blood pressure
- Ways to help manage high blood pressure

Each participant has the option to receive a personal digital blood pressure machine from the AMC pharmacy.



Sign Up Today!

Location: Alliance Medical Center, Healdsburg 1381 University Avenue in the Second Floor Conference Room (707)433-5494



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