

Hypertension Workshop

Carefirst Family Health Team is holding a virtual group session for the general public to learn more about high blood pressure.

What you will learn:

What is normal vs high blood pressure

Symptoms

Causes / risk factors

Prevention

Management



Date / Time: Jan. 25, 2024 from 11am-1pm

Language: Cantonese

Speakers: Registered Nurse and Registered Dietitian

The session is open to all interested clients and community

We will be using Zoom Meeting, please join from your computer/smartphone.

Please log in 15 minutes before the start time (11:00 am)

Join Zoom Meeting

<https://us06web.zoom.us/j/83873977425>

Meeting ID: 838 7397 7425

Or

Dial by your location: +16473744685/+16475580588

Meeting ID: 83873977425#