

Managing hypertension

(High blood pressure)



No-cost program. Transportation is available. In this two-session course, learn how you can reduce blood pressure through diet, exercise, and stress management. Plus, learn how to monitor your blood pressure at home. All members taking part in this course will receive a digital blood pressure monitor.

To register, call:

(562) 580-6094, 8:30 a.m. – 5 p.m.
Monday – Friday

For more information, call Customer Care:

LA County Medi-Cal members
(800) 605-2556 (TTY: 711), 8 a.m. – 6 p.m.,
Monday – Friday

SD County Medi-Cal members
(855) 699-5557 (TTY: 711), 8 a.m. – 6 p.m.,
Monday – Friday

Join us:

Thursday, December 7 and 14, 2023

2 weekly sessions December 7th – 14th, 2023

Time: 3:00 pm – 4:30 pm

Location: Wilmington CRC
911 North Avalon Blvd.
Wilmington, CA 90744