

## 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:

Wednesdays, April 10th and 17th, 2024

2 weekly sessions: April 10 - 17, 2024

Time: 3:00 p.m. - 4:30 p.m.

**Location:** L.A. Care & Blue Shield Promise Community Resource Center in Inglewood

2864 W. Imperial Hwy Inglewood, CA 90303

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Blue Shield of California Promise Health Plan is contracted with L.A. Care Health Plan to provide Medi-Cal managed care services in Los Angeles County. L.A. Care and Blue Shield Promise are independent entities.