

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) 613-5118, 8:30 a.m. to 5 p.m., Monday through Friday

For more information, call Customer Service:

(800) 452-4413 (TTY: 711), 8 a.m. to 8 p.m., seven days a week

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