

Managing hypertension

(High blood pressure)



No-cost virtual program. In this two-session virtual course, learn how you can reduce blood pressure through diet, exercise, and stress management. Plus, learn how to monitor your blood pressure at home.

To register, call:

(562) 613-5118, 8:30 a.m. to 5 p.m.
Monday through Friday

For more information, call Customer Service:

(800) 605-2556 (TTY: 711), 8 a.m. to 6 p.m.,
Monday through Friday

Join us:

Wednesdays, December 10 and 17, 2025

Time: 3 p.m. to 4:30 p.m.

To connect by phone (audio only, no computer):

1. Call (323) 433-2078
2. Enter phone conference and press the pound sign (#)

Session 1 conference ID: 269 865 77#

Session 2 conference ID: 698 343 738 #

If you would like to join to the class through a computer, tablet or smartphone screen, call us and ask for the class link.

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