



Alliance
MEDICAL CENTER

Healthy Living with Hypertension

Hypertension Class

Tuesdays 4pm to 5pm:

March 13, June 12,

September 11, December 11



Participants Will Learn:

- How to use a blood pressure machine to take their own blood pressure
- Ways to help manage high blood pressure

Each participant has the option to receive a personal digital blood pressure machine from the AMC pharmacy.

Sign Up Today!

Location: Alliance Medical Center, Healdsburg 1381 University Avenue in the Second Floor Conference Room (707)433-5494