



High Blood Pressure got you down?



Join *Off the Cuff* with Dan,
Matt & Brooke

**Weekly support group
where you'll learn about:**

- What causes high blood pressure
- How to monitor your blood pressure
- Nutrition and exercise

**For scheduling:
Ask the front desk or
call 443-703-1447**

Drop-ins welcome!

Wednesdays at 1 pm | Feb 12 – March 26
3rd Floor Group Rooms *or attend virtually*