Hypertension (High Blood Pressure) Management and Diabetes

Facilitated by Registered Dietitian and Registered Nurse

Join Flemingdon Health Centre's Certified Diabetes Educators to learn more about preventing and managing hypertension or high blood pressure.

We will talk about:

- blood pressure numbers
- how to measure your blood pressure at home
- healthy eating tips to manage high blood pressure

To REGISTER contact us at:

416-429-4991 ext. 276

416-640-5298 ext. 416

WHEN

Contact us for exact date and times!

WHERE

In-person at:

Flemingdon Health Centre
5 Fairview Mall Dr
North York, ON M2J 2Z1

or

Flemingdon Health Centre
10 Gateway Blvd
North York, ON M3C 3A1

or Online on Zoom

fhc FLEMINGDON HEALTH CENTRE

Alliance for Healthier Communities
Alliance pour des communautés en santé