



## MANAGING HYPERTENSION – PART 1: VIRTUAL SESSION

In Collaboration with Rexdale  
Community Health Centre



**REXDALE**  
COMMUNITY HEALTH CENTRE



**Tuesday, May 7, 2024**  
**11:30 a.m. – 12:30 p.m.**

Join this two-part series of presentations to learn about the matters of the heart.

In this virtual session, we'll discuss:

- What makes your blood pressure go up
- Practical tips on simple lifestyle changes, like eating better and reducing stress
- How small tweaks can make a big impact on managing hypertension

**Register by phone or email:**  
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