

UNDERSTANDING BLOOD PRESSURE: WEBINAR

Wednesday, December 10, 2025
11:00 a.m. - 12:00 p.m.

The webinar will cover the following topics:

- What is blood pressure?
- Understanding blood pressure numbers
- Eight tips for how to take control of high blood pressure and medication for high blood pressure



Register by phone or email:
(905) 457-4747 Ext. 3018
ggrewal@achev.ca

Follow Achēv on:

