





Community Resource Center



Self-Measured Blood Pressure Monitoring Education Series

You will learn about:

- » Blood pressure, stroke and diabetes
- » Nutrition
- » Stress management
- » Physical activity

This no-cost 6-part series is for anyone wanting to learn more about how to take their blood pressure. Classes will be held in person and in English.

Space is Limited. Call today!

Resources used are from the **American Heart Association**

Blue Shield of California Promise Health Plan is contracted with L.A. Care Health Plan to provide Medi-Cal managed care services in Los Angeles County. L.A. Care and Blue Shield Promise are independent entities. Blue Shield Promise is an independent licensee of the Blue Shield Association.

For additional information, call



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Serie de Charlas Educativas Sobre el Autocontrol de la Presión Arterial



Usted aprenderá sobre:

- » Presión arterial, derrame cerebral y diabetes
- » Nutrición
- » Manejo del estrés
- » Actividad física

Esta serie gratuita de 6 partes es para cualquier persona que quiera aprender más acerca de cómo medir su presión arterial. Las clases se impartirán en persona y en español.

El espacio es limitado, ¡Llame hoy!

Los Recursos usados son de La

Asociación Americana del Corazón

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Para información adicional, llame al