



Come and Learn about ... Hypertension

Hypertension is also known as “the silent killer” because the symptoms usually don’t show up until they cause a heart attack, stroke or organ damage. If your blood pressure is high (140/90 or over) or if you want to make sure it doesn’t get that high, you can make some lifestyle changes. These classes will cover basic education on blood pressure, nutrition, physical activity, and medications.



Date: Classes are being designed to be virtual during COVID-19 times.

Where: Virtually or via phone with a Registered Dietician

For information, please call our Alameda County Public Health Department Diabetes Program at (510) 383-5185