



CENTRAL BRAMPTON FAMILY HEALTH TEAM INVITES YOU

MANAGING YOUR BLOOD PRESSURE DURING COVID-19

- Discuss why and how blood pressure develops
- Discuss the role of medication in high blood pressure
- Discuss how high blood pressure impacts your long-term health
- Discuss simple actions you can take to reduce your blood pressure
- Easy ways to change your current diet to reduce blood pressure
- Consider simple activities that can help reduce blood pressure

DECEMBER 7, 2020 FROM 6:00PM-7:00PM

Meeting ID: 881 8662 4820

For more information or to register visit www.cbfht.ca /
call (905)-456-7111 ext 2