



CHURCHES UNITED FOR
COMMUNITY HEALTH

PRESENTS

HYPERTENSION PREVENTION & MANAGEMENT

Churches United for Community Health is providing a Hypertension Awareness and Management Educational series on-Thursdays 7-8PM to provide strategies for maintaining healthy blood pressure readings!



FREE blood
pressure checks!



FREE support
classes!




FREE incentives
for participation!



CONVENIENT
location near
you!



QUESTIONS? CALL...

 336.263.0973

**SEE REVERSE FOR
WORKSHOP SCHEDULE....**



CHURCHES UNITED FOR
COMMUNITY HEALTH

HYPERTENSION AWARENESS & MANAGEMENT SEMINAR SERIES

THURSDAYS 7-8PM

**EBENEZER UNITED CHURCH OF CHRIST EBEEY CENTER
714 APPLE ST, BURLINGTON, NC 27217**

5/19/2022

Program Introduction

*Rev. Wanda Mays, B.S., R.N., P.N., O.C.N., C.C.R.N., C.C.M. &
Connell Burnette*

What is Hypertension?

*Fredricka Dennis R.Ph, D.P.L.A., C.S.M, Marian Jeffries
& Cathy Chapman B.S., R.N., C.C.M., C.D.C.E.S.*

5/26/2022

Dietary Strategies to Prevent Hypertension

Dr. Renee Lea Currie Ph.D. & Tiffany Graves R.N.

6/2/2022

You Are What You Eat!

Grace Denton B.S.N., R.N., C.H.H.C., C.C.M., C.D.C.E.S.

Activity, Not Just Exercise!

Elma Kendrick, Health Educator

6/9/2022

Rest, Relaxation & Sleep - Managing Stress

Patricia Grace R.N., C.C.M. & Deborah Sellars R.N., M. Ed.

6/16/2022

**Medications - When You Need Help from a
Physician**

*Fredericka Dennis R.Ph, D.P.L.A., C.S.M. &
Cathy Chapman BS, RN, CCM, CDCES*

6/23/2022

Wrap Up-Graduation!

*Cheryl Flinchum R.N, Congregational Nurse &
Dr. Lenora Campbell*