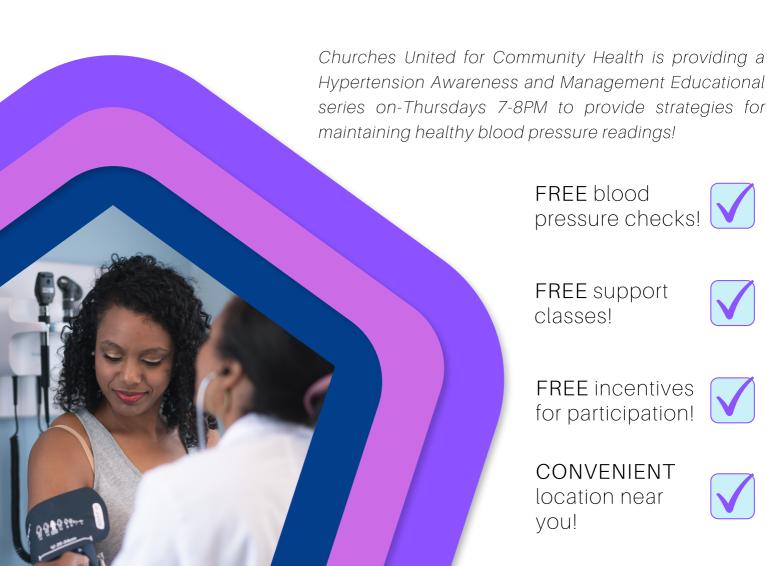


PRESENTS

HYPERTENSION PREVENTION & MANAGEMENT



pressure checks!





for participation!





QUESTIONS? CALL... 336.263.0973 **SEE REVERSE FOR** WORKSHOP SCHEDULE....



HYPERTENSION AWARENESS & MANAGEMENT SEMINAR SERIES

THURSDAYS 7-8PM

EBENEZER UNITED CHURCH OF CHRIST EBEY 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