Hypertension Workshops

Learn about healthy choices that will lead to preventing, managing and controlling high blood pressure and cholesterol. These workshops provide information to help control blood pressure and encourage participants to make healthy lifestyle choices. Incentives are provided for participant commitment to the 12-week program in addition to the orientation. If you or someone you know would like to learn more about reducing high blood pressure and cholesterol, consider attending one of the educational workshops listed below.

According to the American Heart Association, high blood pressure and cholesterol increases your risk for dangerous health conditions:

- **First heart attack**: About seven of every 10 people having their first heart attack have high blood pressure.
- **First stroke**: About eight of every 10 people having their first stroke have high blood pressure.
- **Chronic heart failure**: About seven of every 10 people with chronic heart failure have high blood pressure.
- **Kidney disease** is also a major risk factor for high blood pressure.

Although you cannot control all of your risk factors for high blood pressure, you can take steps to prevent or control high blood pressure and its complications.

Fall workshops will begin in August!

For more information, contact:
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