



# Check. Change. Control.

*Strategies for Managing your Blood Pressure!*

Join us for this FREE, 4-part series that will empower you to take ownership of your cardiovascular health by learning strategies to better manage your blood pressure.

## Dates:

*Part 1 - September 11<sup>th</sup>*

*Part 2 - October 9<sup>th</sup>*

*Part 3 - November 13<sup>th</sup>*

*Part 4 - December 11<sup>th</sup>*

## Time:

*11:00 am - 12:00 pm*

## Location:

*Marion Technical College*

*Brewster Hall*

*1014 SW 7<sup>th</sup> Rd., Ocala 34471*

## Registration:

*bessgortemoller@barrettlinerco.com*



Expert recommendations and advice from local physicians.



Blood Pressure screenings during each session.



Giveaways and prizes at every session! *Participants who attend all 4 sessions will receive a Publix gift card.*



Light refreshments provided.

