

**DIETITIAN
NURSE
PHARMACIST**

We all work alongside your doctor and/or nurse practitioner, to help you manage your blood pressure and provide support for your health-related needs. Social workers are also available for consultation.



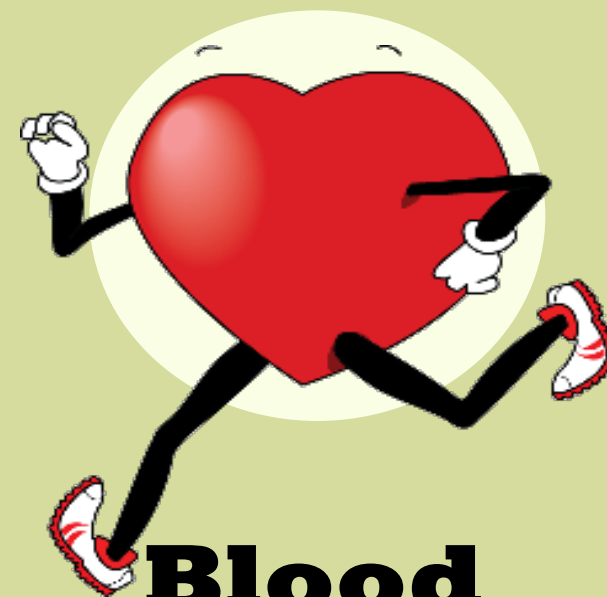
Taddle Creek
Family Health Team

790 Bay Street,
Suite 306
Toronto, ON
M5G 1N8
416-260-1315
www.taddlecreekfht.ca



Taddle Creek
Family Health Team

**Take the
Pressure
Off!**



**Blood
Pressure
101**



Why is Blood Pressure Important?

What is Blood Pressure 101?

The goal of the class is to educate and empower participants to make and maintain healthy lifestyle changes.

The class is a 2.5-hour session facilitated by a registered dietitian and a registered nurse or

pharmacist. It is run in a small group setting using interactive and hands-on activities. There is no fee to attend the class.

What is Hypertension?

Hypertension (also called high blood pressure) happens when the force of blood against the walls of your blood vessels is too high. You cannot feel it and there are typically no symptoms. If left untreated, hypertension can cause serious health problems, including heart disease and stroke.

By attending the class, you can find out more about hypertension and how you can control your blood pressure (BP). Even if you have not been diagnosed with hypertension, the class can provide you with tips on how to live a healthy lifestyle and prevent hypertension.

What Will I Learn?

Some of the topics we will be covering include:

- Blood pressure basics
- How to measure a BP at home
- Lifestyle changes for reducing BP
 - Nutrition
 - Stress reduction
 - Exercise
 - Alcohol reduction
 - Smoking cessation
- Medications

By the end of the class, you will have:

1. An understanding of what blood pressure is, what affects it, and why it's important
2. A knowledge of what your target blood pressure is and what you can do to reach and maintain it
3. A personalized action plan for achieving your blood pressure and health-related goals

Call 416-260-1315 to reserve your spot