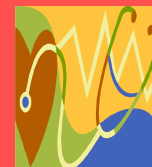


# Hypertension Intervention

Want to try another way to  
Protect Your Heart?



Was your blood pressure high at the Health Screening? Did you ever want to try Relaxation, Guided Imagery or Meditation? Each of these can help protect your heart by

**Lowering Blood Pressure**  
**Reducing Stress**  
**Bringing a sense of Peace and Calm**

**Join us for the Club HIIIP Education class series  
on lowering your blood pressure  
Fridays noon – 12:30 p.m.: Aug. 28, Sept. 4, 11, 18  
SFMC/Conference Room 2**



**Incentive**



If you start class with high blood pressure (above 120-125/80-89) and lower it to within normal ranges (120-125/80-89) by week 4 you **receive a \$20 gift card!**

**\*\*You must attend 3 out of the 4 classes to be eligible.**

