

Hypertension 101



Are you concerned about high blood pressure? Learn how to manage or prevent it in this FREE workshop!

Get your blood pressure checked and join us to understand:

- What blood pressure is
- Ways to lower or control it
- How to check your blood pressure at home

For more information, contact Melanie Taylor, MSHS, Community Health Educator, at mltaylor@carilionclinic.org.

**Thursday,
February 19**
12 – 1 p.m.

**Radford Public
Library**
30 W. Main St.
Radford, VA 24141

**No registration
needed! Just show
up to this FREE
workshop.**

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