



NorthShore  
HEALTH CENTERS

# MANAGE HIGH BLOOD PRESSURE With Healthy Eating

*Helpful Class to Get You on Track*

Sept. 19  
10:30 AM

Join NorthShore Health Centers for a heart health class that will help you understand the importance of blood pressure and learn helpful nutrition tips to manage hypertension.

**PORTAGE TOWNSHIP YMCA**



3100 Willowcreek Rd.  
Portage, IN 46368

**DON'T MISS THIS EXCITING CLASS!**

219-763-8112

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