

# START LIVING WELL TODAY!

## Living Well with **HIGH BLOOD PRESSURE**

— GOOD HEALTH IS IMPERATIVE TO YOUR QUALITY OF LIFE —

### **Howard County MultiService Center**

9900 Washington Boulevard, Suite I  
Laurel, MD 20723

**Monday, April 15, 2019**  
**1:00 to 3:30 PM**

**THERE IS NO FEE to attend this program**

#### TOPICS INCLUDE:

- High Blood Pressure Risk Factors
- Nutrition and Food Label Guidance
- Sodium Content in Common Foods
- Medication Management



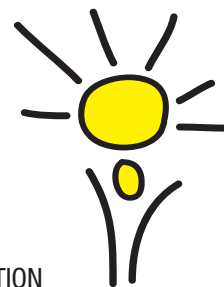
Department of Community Resources and Services

PRESENTED IN COLLABORATION WITH  
AND HOSTED BY THE HOWARD COUNTY  
MULTISERVICE CENTER

TO REGISTER OR FOR MORE INFORMATION

**NICOLE BECERRA, MPH**  
[nbecerra@howardcountymd.gov](mailto:nbecerra@howardcountymd.gov)  
**410-313-3506** (VOICE/RELAY)

If you need accommodations to participate or need this information in an alternate format, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay).



[www.howardcountymd.gov/livingwell](http://www.howardcountymd.gov/livingwell)