

Gotta Have Heart

Approaches to Blood Pressure Management

New
4-week
facilitator-led
program

Join us on an interactive journey as we:

- Discuss ways to integrate small lifestyle changes to better manage pre-hypertension and hypertension.
- Collaborate with a City of Milwaukee Workplace Clinic provider to discuss and implement a plan for monitoring and managing blood pressure.
- Create personalized, realistic goals focused around heart healthy behaviors.

This program has been developed in collaboration with your Workplace Clinic providers, health coaches and registered dietitians to bring together all the information, tools and resources you need for success.

Healthy Rewards:

Earn 10 points if you attend 3 of the 4 sessions.

Fall 2020 Dates:

Mondays,
10/12, 10/19, 10/26 and 11/2

Time:

4-5 p.m.

Location:

Webinar via WebEx

To register, log into the wellness portal at www.workforcehealth.org/cityofmilwaukee and locate the "Healthy Rewards Program" heading. Select "Schedule Onsite Health and Wellness Programs"

**A WebEx link will be sent to registered participants via email for each session date.
Call 414-777-3410 with questions.**



Workforce Health