

# Managing hypertension

(High blood pressure)



**No-cost program. Transportation is available.** In this two-session course, learn how you can reduce blood pressure through diet, exercise, and stress management. Plus, learn how to monitor your blood pressure at home. All members taking part in this course will receive a digital blood pressure monitor.

**To register, call:**

**(562) 613-5118**, 8:30 a.m. to 5 p.m., Monday through Friday

**For more information, call Customer Service:**

**(800) 605-2556 (TTY: 711)**, 8 a.m. to 6 p.m., Monday through Friday

**Join us:**

**Thursdays, April 3 and 10, 2025**

Time: 1 p.m. to 2:30 p.m.

Location: Community Resource Center of  
L.A. Care Health Plan & Blue Shield of  
California Promise Health Plan in  
Panorama City

7868 Van Nuys Blvd.  
Panorama City, CA 91402

Medi\_23\_094\_LS\_IA032823

Blue Shield of California Promise Health Plan is contracted with L.A. Care Health Plan to provide Medi-Cal managed care services in Los Angeles County. L.A. Care and Blue Shield Promise are independent entities.

Blue Shield of California Promise Health Plan is an independent licensee of the Blue Shield Association

A53319MDC-IBP\_0322