

CHA Cambridge Health Alliance



Cambridge Health Alliance presents a four part series on Hypertension Education

Community Health Workers from CHA
will present the following topics:

- Friday, December 11th:
What is High Blood Pressure? & Blood Pressure Medication
- Friday, January 8th: Healthy Eating & Active Living
- Friday, February 12th: Stress Management
- Friday, March 12th: Tobacco Cessation & Climate Impact on Heart Health

The December 11th session will be an interactive workshop that gives attendees an understanding of hypertension, blood pressure medications, and practical safety tips.

10:30am-12:00pm at the Holland Street Center

For more information and to register,
contact Michelle Deutsch at 617-625-6600 x2315

Persons with disabilities can request accommodations to access the programs, activities, and meetings of the City of Somerville by contacting the ADA Coordinator at 617-625-6600 x 2059 or ADA@somervillema.gov in advance of the event.

The City of Somerville can provide you with an interpreter in your language for free. To request an interpreter, please contact us at languageaccess@somervillema.gov or call 311 (617-666-3311) at least 7 days in advance of this event.

Somerville Council on Aging

Jake Wilson Mayor