

A doctor in a white coat and orange tie is holding a red heart. The text "BETTER YOU" is overlaid in large, bold, orange letters.

BETTER YOU

BLOOD PRESSURE SERIES

Florida Blue 

BetterYou 

A healthy heart can change your life! This 3 week program is facilitated by a Registered Nurse and will help you learn how to monitor your heart, eat foods that are good for your heart, manage your high blood pressure, understand medications, and identify and reduce stress. There will be a 3, 6 and 12 month follow up.

Presented by Florida Blue and

Date:

Time:

Place:

Contact:

To register for the event, visit: