

WELLNESS

February 7, 2024 • 5pm

Wednesday

Take the PRESSURE out of Blood Pressure Management!

Learn how to manage your blood pressure. We will have breakout stations to have your blood pressure assessed by medical staff. If you have a blood pressure cuff, please bring it with you. If not, we will have them available.



A monthly series of health education programs

sponsored by

Upland Hills Health Hospital and Clinics

in partnership with the

Ageing and Disability Resource Center

Conference Rooms A & B (lower level)

Upland Hills Health Hospital and Clinics

800 Compassion Way, Dodgeville, WI

For information contact:

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