



Hypertension Self-Management Education Workshop

Effective management of hypertension starts here.

Self-management education is foundational to improving health outcomes for people with hypertension. Our 90-minute workshop equips participants with the knowledge, skills, and confidence to understand and manage hypertension effectively.

We tailor our workshop to the needs of people with hypertension.



Practical & interactive



Small classes & targeted support



Led by a licensed health professional

We focus on the building blocks of effective self-management.

Understanding hypertension

An overview of hypertension, including terms and complications; as well as signs, symptoms, and responses to hypertension.

Monitoring Your Blood Pressure

How to use a blood pressure cuff, including tracking and logging blood pressures.

Ways to Stay Healthy

Strategies for getting and staying healthy, including preparing a healthy diet planning, taking medicine and routine doctor visits.