



It's easy with free Online Group Coaching

Join our Blood Pressure Series right from your computer

Better Blood Pressure Now

- Understand more about Blood Pressure and Heart Health
- Learn helpful tips for living well and feeling better
- Start living the healthier life that you deserve!

6 week series begins on Wednesday, April 18th

11:00-11:30am OR 3:30-4:00pm

30 minute sessions

Registration is required and space is limited!

Please register for only one session time

Participants completing at least 5 out of 6 sessions will be entered to *Jawbone UP3.

*Sweepstakes Rules: No purchase necessary. A purchase will not increase your chances of winning. Legal residents of the 50 United States (D.C) 18 years and older are invited by the sponsor to participate. Void where prohibited. Sponsor: ActiveHealth Management, Inc., 1333 Broadway, 4th floor, New York, NY 10018

See next page for class descriptions

Ready to start getting healthy?



1. Register using the link above.
2. Enter your registration information and click on “register.”
3. Check your email for your registration confirmation.
4. Save the group coaching series to your calendar for the day/time you choose.
5. The day of class, follow the WebEx link provided to you and follow instructions to join the audio portion.
6. Come prepared to learn, interact, and have fun!

Program Details:

WEEK 1

ABC's of high blood pressure

An overview of high blood pressure and why it needs to be managed. We will also talk about the causes of this common condition and how you can control it.

WEEK 2

All about medicines

Learn about the medicines used to treat high blood pressure, and how they work. We'll also talk about the pros and cons of taking medicine for this condition.

WEEK 3

Bringing it down with diet

Why diet affects blood pressure, and how the foods you eat play a role. You'll get lots of dietary tips, including an introduction to the DASH diet--designed to help control blood pressure.

WEEK 4

Staying active for life

Learn why physical activity is a great way to help lower high blood pressure.

WEEK 5

Why your weight matters

We'll review the importance of weight management and how it helps to control blood pressure. You'll also learn why balancing your energy plays a role in managing your weight.

WEEK 6

What we've learned

Join us as we review the important topics discussed in this series on better blood pressure.

Online Group Coaching

It's free. It's easy. And it just may change your life.

