

# HEALTHY HEARTS CLUB



**High Blood Pressure is known as the "silent killer" and is often symptom-less.**

**Join Jennifer Sundling to learn the importance of controlling blood pressure. During this 5 week course you will gain the tools to develop lifestyle changes that could help manage your blood pressure and boost your Heart Smarts.**

**Each week will focus on a lifestyle change:**

- Goal Setting
- Physical Activity
- Healthy Eating
- Stress Management
- Maintain a Healthy Weight

**Registration begins September 23, 2019**

PHOENIX  
**PXU**  
UNION

United **4**health