

Hypertension 101



Hypertension, also known as **high blood pressure**, is a leading cause of heart disease and stroke, which together kill more New Yorkers than any other disease. More than one in four New Yorkers has high blood pressure, but there are usually no symptoms.

Upcoming virtual workshops:

Wednesdays,

April 22, 2026

May 20, 2026

June 17, 2026

5:30 to 7 p.m.

This workshop will explain:

- ♥ What high blood pressure is
- ♥ How to prevent and control high blood pressure
- ♥ How to monitor your blood pressure at home

To register, scan the QR code or visit bit.ly/hypertension-101. In-person workshops are also available.



Classes are offered in English. To request an accommodation, such as interpretation services, email brooklynnh@health.nyc.gov or call 718-637-5304 at least 72 hours before the class.

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Hypertension 101



Upcoming in-person workshops:

Tuesday

♥ April 14, 2026
Noon to 2 p.m.

Saturdays,

♥ May 9, 2026
♥ June 13, 2026
11:00a.m. to 1:00p.m.

Bedford Health Center
485 Throop Avenue
Brooklyn, NY 11221

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This workshop will explain:

- ♥ What high blood pressure is
- ♥ How to prevent and control high blood pressure
- ♥ How to monitor your blood pressure at home

To register, scan the QR code or visit bit.ly/Hypertension-101-BK. Virtual workshops are also available.



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