



UT Tyler

THE UNIVERSITY OF TEXAS AT TYLER

Blood Pressure and Cholesterol Management Workshop Series

Last day to join is February 21st

\$5 gas card for each class attended with Blood Pressure readings.

Tuesdays: 1 p.m. to 2 p.m.

February 7
February 21
March 7
March 21
April 4
April 18
May 2

Location:

Bethesda Health Clinic
409 W. Ferguson St.
Tyler, Texas 75702

Register by phone, email or online at:

www.uthct.edu/lifestyle-change-programs-workshop-registration/.



Eating healthy



Heart health



Exercise



Improve blood pressure

Attendance to all 7 workshops are required in order to complete the program.

lifestylechangeprograms@uthct.edu | (903) 877-1436

11937 U.S. HWY. 271 ■ TYLER, TEXAS 75708 ■ UTHCT.EDU





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Clases GRATIS de Presión Arterial

El último día para unirse es el 23 de febrero

Tarjeta de gasolina de \$5 por cada clase a la que asista con lecturas de su presión arterial.

Jueves: 5 p.m. - 6 p.m.

9 de febrero
23 de febrero
9 de marzo
23 de marzo
6 de abril
20 de abril
4 de mayo

Ubicación:

Bethesda Health Clinic
409 W. Ferguson St.
Tyler, Texas 75702

Regístrese por teléfono, correo electrónico o en línea en:
www.uthct.edu/lifestyle-change-programs-workshop-registration/.



Comer sano



Un corazón
saludable



Ejercicio



Mejore su presión
arterial

Se requiere asistencia a los 7 talleres para completar el programa.

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Last day to join is February 22nd

\$5 gas card for each class attended with Blood Pressure readings.

**Wednesdays:
10 a.m. to 11 a.m.**

February 8
February 22
March 8
March 22
April 5
April 19
May 3

Location:

**Lillie Russell Memorial Library
200 E. Hubbard St,
Lindale, TX 75771**

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Last day to join is March 29th

\$5 gas card for each class attended with Blood Pressure readings.

**Wednesdays:
10:00 a.m. to 11 a.m.**

March 15
March 29
April 12
April 26
May 10
May 24
June 7

Location:

**Candlewood Village
Senior Apartments
101 Candlewood Dr,
Frankston, Texas 75763**

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www.uthct.edu/lifestyle-change-programs-workshop-registration/.



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Blood Pressure and Cholesterol Management Workshop Series

Last day to join is March 29th

\$5 gas card for each class attended with Blood Pressure readings.

Wednesdays: Noon to 1 p.m.

March 15
March 29
April 12
April 26
May 10
May 24
June 7

Location:

**UT Health East Texas
Physicians Frankston**
580 N. Frankston Hwy
Frankston, Texas 75763

Register by phone, email or online at:

www.uthct.edu/lifestyle-change-programs-workshop-registration/.



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