



White Rock South Surrey
Primary Care
Network

HIGH BLOOD PRESSURE EDUCATION

2025-2026 Series

FREE ONLINE SESSIONS

Approximately 22% of adults in Canada experience high blood pressure (hypertension). Effective management of your blood pressure can reduce the risk of heart disease and strokes.

White Rock-South Surrey residents are invited to join a free education session on how to effectively manage high blood pressure. Walk away with valuable insights, tips, and practical skills for implementing lifestyle changes that can lower your risk.

Sessions are held every other month on the first Friday, from 12:00 p.m. to 1:00 p.m. on Microsoft Teams. Register today—space is limited to 10 participants!

MORE INFORMATION

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White Rock-South Surrey
Division of Family Practice
An FPSC initiative

FREE
AGES 19+



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TO REGISTER**



wrssedu.com/bloodpressure