



The **Windsor Health Department** is hosting a series of 6 Hypertension Workshops or High Blood Pressure Workshops. These workshops are scheduled over the summer and will be offered via Zoom. The dates and topics are listed below. In addition, each time you return the workshop evaluation and the Pre-Diabetes Risk Test, you will receive a \$5 First Town Downtown Gift Card with a maximum of \$30 awarded.

## Workshop Schedule:

- 6/14/21 Blood Pressure Classifications and Importance of Blood Pressure Control  
Atique Mirza, MD
- 6/28/21 Self-Measurement of Blood Pressure  
Paula Raines LPN
- 7/12/21 Lifestyle Modifications  
Michelle Mattia RDN
- 7/26/21 High Blood Pressure & Pharmacology  
Kristen Marti PharmD
- 8/23/21 Adherence to High Blood Pressure Therapy  
Atique Mirza MD
- 8/30/21 Hypertension Emergencies and Urgencies  
Atique Mirza MD



Registration: Register on-line for the workshops listed above – [www.townofwindsorct.com](http://www.townofwindsorct.com). They will be presented via Zoom. There is no charge to participate in these workshops.

Time: 6:30 – 8:30pm.

Questions: Windsor Health Department at 860-285-1824

We look forward to having you join us!

