

Interactive Virtual Health Lessons for the Community!

Utilizing the American Heart Association's EmPOWERED to Serve initiative, we have the opportunity and ability to ensure equitable health and quality of life for **all** people regardless of their social, physical or economic status.

Join our FREE Virtual Health Lessons!

These weekly virtual health lessons will share how to take action to reduce your risk for heart disease and stroke and encourage others to do the same! Heart disease and stroke are two of our nation's leading killers.



Register Today!

All lessons can be taken virtually on a computer or smartphone.

Health Lesson Topic	Day	Date	Time	Registration Link
Control Your Blood Pressure	Wednesday	10/6/2021	5:30-6:30pm PST	Zoom registration link
Eating Smart with Fruits & Vegetables	Wednesday	10/13/2021	5:30-6:30pm PST	Zoom registration link
Get Active, Understanding and Utilizing Activity Guidelines:	Wednesday	10/20/2021	5:30-6:30pm PST	Zoom registration link
Salt and Cardiovascular Risk	Wednesday	10/27/2021	5:30-6:30pm PST	Zoom registration link
Control Your Blood Pressure	Wednesday	11/3/2021	5:30-6:30pm PST	Zoom registration link
Eating Smart with Fruits & Vegetables	Wednesday	11/13/2021	5:30-6:30pm PST	Zoom registration link
Get Active, Understanding and Utilizing Activity Guidelines:	Wednesday	11/17/2021	5:30-6:30pm PST	Zoom registration link
Salt and Cardiovascular Risk	Wednesday	11/30/2021	5:30-6:30pm PST	Zoom registration link
Control Your Blood Pressure	Wednesday	12/1/2021	5:30-6:30pm PST	Zoom registration link
Eating Smart with Fruits & Vegetables	Wednesday	12/8/2021	5:30-6:30pm PST	Zoom registration link
Get Active, Understanding and Utilizing Activity Guidelines:	Tuesday	12/15/2021	5:30-6:30pm PST	Zoom registration link
Salt and Cardiovascular Risk	Tuesday	12/21/2021	5:30-6:30pm PST	Zoom registration link



American Heart Association

EmPOWERED to Serve™

The Health Equity Hypertension Project is brought to you by Providence, proud supporter of the American Heart Association's EmPOWERED to Serve initiative in Los Angeles.