

檢查.改變.控制 . Check. Change. Control.



檢查.改變.控制. 是什麼？有什麼好處？ 這套免費的血壓管理課程是由美國心臟協會設計。教您如何檢查血壓、改變生活方式，從而把血壓控制在健康範圍。維持健康的血壓，可以降低患中風、心臟病、記憶衰退、眼及腎臟的損傷、以及其他相關併發症的機率。

What is Check. Change. Control. and what are the benefits of this programs? This is a free health education program designed by the American Heart Association. It explains how to check, change, and control blood pressure. Healthy blood pressure will decrease risk of stroke, heart attack, memory loss, damages to eyes and kidneys, and more.

免費課程 Free Program

主辦單位：
美國心臟協會
加聯泰平健康活動中心

Presented by:
The American Heart Association
and Allied Pacific Wellness Center



座位有限，詳情請致電
For more information, call:
工業市 City of Industry:
626-943-6456

「健康心臟」講座 “Healthy Heart” Information Seminar: Wednesday 5/15/2019 週三 10:30 -11:30am

美國心臟協會與您分享最新資訊，讓您了解如何透過保持心臟健康而擁有更棒的生活品質。講座內容包括透過簡單方式擁有健康。

您也會更認識 **檢查.改變.控制.** 課程！

藉由適當的治療與管理，您可以將血壓控制住、過得健康且長壽。

The American Heart Association has the latest research on how to keep your heart healthy so you can live your best life!
This special presentation will explain simple steps to improve your health.
Plus, find out how you can join **Check. Change. Control.!**
With proper treatment and management,
you can control your blood pressure to help you live a long and healthy life.

本獨家免費課程僅限於加聯泰平醫療網、領有紅藍/紅藍白卡耆英會員參加。

This program is offered for Medicare and Medi-Medi senior members of Allied Pacific of California IPA.