The Boise Schools Wellness Program invites you to keep tensions at bay by joining and competing the Blood Pressure Down Program - a 5-week interactive program to help you lower your blood pressure.

**THIS WILL TEACH YOU:**
- Risk factors and problems caused by high blood pressure
- Why and when to take blood pressure medications
- Food choices to help lower blood pressure
- Benefits of exercise
- How to manage stress to help lower blood pressure

**START DATE:**
Tuesday, January 19th
Every Tuesday, starting January 19th through February 16th, initiate a session at a time that’s convenient for you between 6am and 11pm.

**LOCATION:** Online
Register at the link below:
https://saintalphonsuswellness.thinkific.com/courses/blood-pressure-down

By completing the five session program, earn 100 WellSteps REWARDS points.

For questions about this program or technical assistance:
Call 208-367-6225 or email sawellness@saintalphonsus.org