

# Dealing with High Blood Pressure



Mid Coast  
Senior Health Center

*Ounce of  
Prevention  
Series*

Monday, Sept. 12, 11 a.m.–NOON

LEARN *how hypertension puts you at risk and what you can do about it*

*from*

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MID COAST MEDICAL GROUP

*Adult Care, Topsham*

**Monday, Sept. 12, 11 a.m.–NOON**

Community Room

Mid Coast Senior Health Center

58 Baribeau Drive, Brunswick

FOR MORE INFORMATION,

call **373-3646**.



MID COAST  
SENIOR HEALTH CENTER

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*A Continuing Educational Series Dedicated To Your Good Health.*