

Learn about Blood Pressure



CHA Heart Smart

Checking, Rechecking and
Following Up on your
blood pressure.

Join a Monthly Walk-in Session!

Our monthly hypertension (high blood pressure) sessions are open to the public. Learn how to manage and lower your risk with healthy food choices and exercise. No insurance is needed. All are welcome.

2024 Windsor Clinic Dates

119 Windsor Street
2nd Floor Conference Room
Cambridge, MA

Monday, Oct. 28
11:30 am - 1:30 pm

Thursday, Nov. 21
11:30 am - 1:30 pm

Monday, Dec. 16
3:30 pm - 5:30 pm



www.challiance.org/services-programs/primary-care/hypertension



Cambridge
Public Health
Department

