

BLOOD PRESSURE CLINIC

City Employee Medical Clinic

385-5190 to make an appointment



Are you concerned about your high blood pressure? Have you been told that your blood pressure is borderline high? The Blood Pressure Clinic has been developed to assist you, in partnership with your PCP or CEMC Nurse Practitioner, to lower your blood pressure. We will explore with you, a number of ways to self manage your blood pressure including:

- Relaxation techniques and stress reduction
- DASH (Dietary Approaches to Stop Hypertension)
- Physical Activity
- Medication Education
- Smoking Cessation

We invite you to come to our relaxed environment to learn about your blood pressure and what you can do to lower it to a healthier level.

Additional Information:

- FREE
- Expect the first visit to be about 1 hour, follow up visits will be about 30 minutes
- You will be seen by Franny Moore RN, MSN or Jean Spicher RN, MSN
- You can park in the parking deck across from the CAB at 130 S Nevada (enter parking garage from Nevada) and we will validate your parking ticket...so parking is also FREE.