

If you have hypertension, the goal is control.

Control your hypertension and you cut the risk of life-threatening complications.



Robert Wood Johnson University Hospital Rahway, together with The Gateway Family YMCA – Rahway Branch, has a **FREE** six week program that will show you how to **control hypertension**. Education, support, light exercise and lunch are included to help you reach the goal of control. This free program is open to those without insurance or whose insurance doesn't cover high blood pressure education.

2026 CLASS DATES WILL BE THURSDAYS.

April 30	May 7	May 14
May 21	May 28	June 4

Class times will be
11 a.m. to 12:30 p.m.

Light exercise and a light lunch will be served.

CLASSES TAKE PLACE AT:

The Gateway Family YMCA – Rahway Branch
1564 Irving St, Rahway

Seating is limited. Registration required.

To register and for more information call **732-388-0057**.



RWJBarnabas
HEALTH

**Robert Wood Johnson
University Hospital
Rahway**

This program is made possible
through a grant from Merck.

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2026 CLASS DATES WILL BE THURSDAYS.

October 1	October 8	October 15
October 22	October 29	November 5

Class times will be
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