

Wellness classes



No-cost classes. In this two-session virtual (through the telephone) course, learn how you can reduce blood pressure through diet, exercise, and stress management. Plus, learn how to monitor your blood pressure at home.

To register, call:

(562) 580-6094, 8:30 a.m. – 5 p.m.,
Monday - Friday

For more information, call Customer Service:

(800) 452-4413 (TTY: 711), 8 a.m. – 8 p.m.,
seven days a week

Join us: