

# Hypertension and Beyond

Please join us on the fourth Thursday of each month in The Burrow from 12:30-2:00 p.m. This class will provide participants with actionable steps to improve their health and take charge of their blood pressure.

- February 26, 2026
- March 26, 2026
- April 23, 2026
- May 28, 2026
- June 25, 2026

Fox Army Health Center  
4100 Goss Road  
Redstone Arsenal, AL 35809

Where: The Burrow  
When: 4th Thursday  
Time: 12:30-2:00 p.m.

RSVP:

Heather Hough

256-955-8888

EXT: 1294