



**Tuesdays – 3 Nights
October 11, 18, & 25
6:00 pm**

“Lowering Blood Pressure Naturally”

In this three-part video series, Dr. David DeRose provides scientifically-documented insights into controlling your blood pressure while at the same time decreasing your dependence on medication. You’ll learn which habits are blood pressure-lowering and which ones may be perpetuating your elevated readings.

No Charge

**For more information call 483-7775 or email
rockymountlife@gmail.com**

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www.rockymountlife.com (Calendar of Events)