



**QUECHAN**  
SPECIAL  
DIABETES  
PROGRAM

# Fort Yuma Health Care Center (FYHCC) **PUBLIC HEALTH NURSE**

*"Physical Activity benefits to  
control Hypertension & Diabetes"*



**WEDNESDAY**  
APRIL 16, 2025



**FYHCC**  
Conference  
Room



**START AT**  
6:00pm - 7:00pm



**Hypertension  
aka High Blood Pressure**

## **DISCUSSION AND INSIGHT:**

- WHAT IS HYPERTENSION? WHAT IS A NORMAL BP READING? HOW CAN I CONTROL MY NUMBERS?
- WHAT IS HYPOGLYCEMIA? WHAT ARE SOME SIGNS AND SYMPTOMS? HOW CAN I CONTROL MY BLOOD GLUCOSE READINGS?



Provide The Fort Yuma  
Wellness Center with an email  
Address to receive ZOOM link



**Diabetes**

**wellnesscenter@quechantribe.com**  
or call us at 928-977-2666