



# Hypertension 2003 Weekly Planner: High Blood Pressure

*Bonnie Dickens, Thomas Masterson*

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The Hypertension Calendar provides a daily educational companion and goal setting tool for people with high blood pressure. Learn the vocabulary, the numbers, and the behaviors that will increase your strength and health. The calendar measure 4 by 6 inches so that it may better fit in the purse or the pocket.

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