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**FOR IMMEDIATE RELEASE**

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## **KCHD Launches Free Blood Pressure Program**

CHARLESTON, W.VA. – Kanawha-Charleston Health Department is now offering a free Self-Measured Blood Pressure Program open to anyone who has been diagnosed with high blood pressure, is borderline high or anyone who wants information on how to better manage their blood pressure.

The program will run a series of three classes each in April, May and June. Participants who do not already have a blood pressure monitor will be given one at no charge.

Registration is open for the first series of classes offered on three consecutive Tuesdays – April 11, 19 and 26 – from 5 to 6 p.m. The next series also will be offered on Tuesdays – May 9, 16 and 23 – from noon to 1 p.m. The summer series will be offered on Thursdays – June 8, 15 and 22 – from 5 to 6 p.m. Register by email at [kchdclinic@wv.gov](mailto:kchdclinic@wv.gov) or by calling (304) 348-8080.

KCHD’s Health Officer Dr. Steven Eshenaur said the program is made possible by a mini-grant from Marshall University’s Joan C. Edwards School of Medicine and is a great opportunity for anyone with personal and/or family history of high blood pressure.

“We are excited to offer these classes to help people in our community take charge of their health by tracking their pressures and making lifestyle modifications,” Eshenaur said. “I encourage you to participate even if your pressures are borderline. Take these classes because, and I say this a lot to my patients, the easiest disease to treat is the one you never get. Controlling high blood pressure early is vital to your long-term health.”

Participants will learn how to correctly take blood pressure readings and understand what they mean. Blood pressure medications and lifestyle modifications also will be discussed.