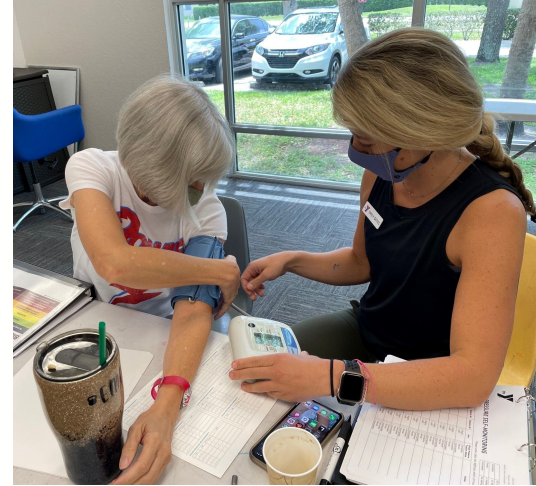
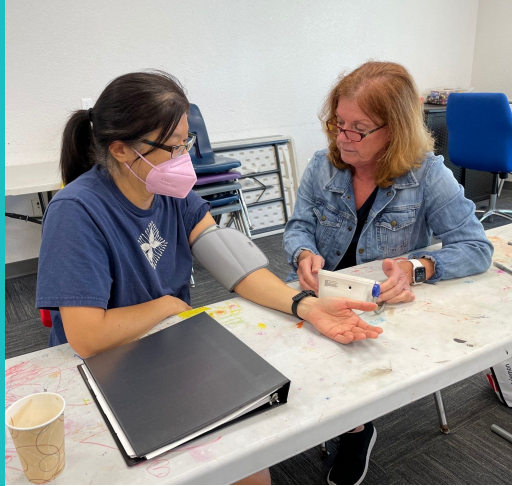




# Blood Pressure Self Monitoring Program



## MANAGE YOUR BLOOD PRESSURE DECREASE YOUR RISK

The Blood Pressure Self-Monitoring program was designed to help adults with hypertension lower and manage their blood pressure. This four-month program focuses on regulated home self-monitoring using proper measuring techniques, individualized support and nutrition education. With the support from a trained Healthy Heart Ambassador, participants:

- Measure and record blood pressure 2 times a month
- Attend two personalized consultations per month
- Attend Nutrition Education Seminars

### GOALS:

- Reduce blood pressure
- Decrease risk of strokes
- Increase awareness of triggers that elevate B.P.
- Enhance knowledge to develop healthier eating habits



### QUALIFICATIONS:

- Be at least 18 years old
- Be diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

Generously funded by:



**Baptist Health  
South Florida**

## REGISTRATION IS ON GOING

### YMCA of South Palm Beach County

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