



Blood Pressure Self Monitoring Program

YMCA OF SOUTH PALM BEACH

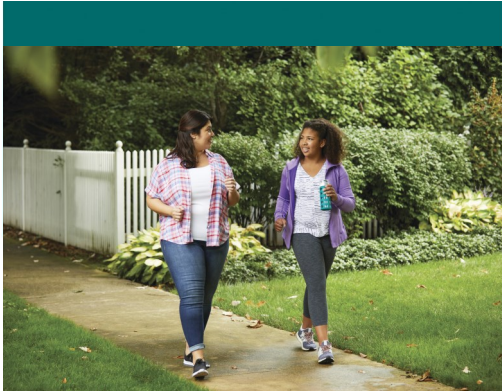
Generously funded by Baptist Health South Florida



NUTRITION SEMINAR SCHEDULE

Healthy snacks provided. Open to community regardless of YMCA membership. **Registration required.** Enroll at membership desk or email rnierman@ymcaspbc.org.

Date	Time	Location	Seminar
April			
Wednesday, April 20	10:30am-11:30am	Boynton YMCA	Dash Way of Eating
Thursday, April 21	10:30am-11:30am	Boca YMCA	Dash Way of Eating
May			
Wednesday, May 4	10:30am-11:30am	Boynton YMCA	Lowering Sodium Intake
Thursday, May 5	10:30am-11:30am	Boca YMCA	Lowering Sodium Intake
Thursday, May 5th	1:30pm-2:30pm	Delray Senior Resource Center	Dash Way of Eating
Wednesday, May 18th	10:30am-11:30am	Boynton YMCA	Shopping, Preparing and Cooking
Thursday, May 19th	10:30am-11:30am	Boca YMCA	Shopping, Preparing and Cooking
June			
Wednesday, June 1st	10:30am-11:30am	Boynton YMCA	Heart Healthy Eating
Thursday, June 2nd	10:30am-11:30am	Boca YMCA	Heart Healthy Eating
Thursday, June 2nd	1:30pm-2:30pm	Delray Senior Resource Center	Lowering Sodium Intake
Wednesday	7:00pm-8:00pm	VIRTUAL	DASH Way of Eating
July			
Thursday, July 7th	1:30pm-2:30pm	Delray Senior Resource Center	Shopping, Preparing and Cooking
Wednesday	7:00pm-8:00pm	VIRTUAL	Lowering Sodium Intake
August			
Thursday, August 4th	1:30pm-2:30pm	Delray Senior Resource Center	Heart Healthy Eating
Wednesday	7:00pm-8:00pm	VIRTUAL	Shopping, Preparing and Cooking
September			
Wednesday	7:00pm-8:00pm	VIRTUAL	Heart Healthy Eating



YMCA of South Palm Beach County
 Robin Nierman, Director of Community Health
rnierman@ymcaspbc.org | 561-300-3227
www.ymcaspbc.org/healthycommunities



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Nutrition Seminar Locations:

Peter Blum Family YMCA 6631 Palmetto Circle South Boca Raton, FL 33067	DeVos-Blum Family YMCA 9600 S. Military Trail Boynton Beach, FL 33436	Delray Senior Resource Center 708 W Atlantic Avenue Delray Beach, FL 33444
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Blood Pressure Self Monitoring Office Hours:

Mondays	Boca YMCA (2nd and 4th Mondays)	8:30am-10:00am
Wednesdays	Boca YMCA (1st and 3rd Wednesdays)	9:00am-10:00am
Wednesdays	VIRTUAL*	5:00pm-7:00pm
Thursdays	Delray Senior Resource Center	1:30pm-2:30pm
Fridays	Boynton YMCA	9:00am-11:00am

What is the Blood Pressure Self Monitoring Program?

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

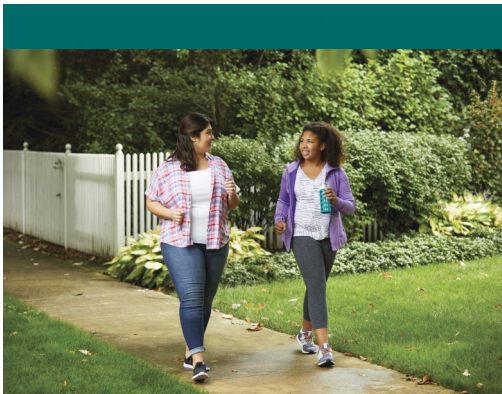
- Measure and record their blood pressure at least two times per month
- Attend two personalized consultations per month
- Attend monthly Nutrition Education Seminars

How do I enroll?

Enroll at the membership desks at either branch or email rnierman@ymcaspbc.org. YMCA membership not required for participation in the program. Nutrition seminars require registration and you may attend at any location.

*How do I make a virtual BPSM appointment?

If enrolling in the virtual program, click here to make your 10 minute bi-monthly appointment: calendly.com/bloodpressureselfmonitoring.



Contact Robin Nierman, Director of Community Health, with any questions.
rnierman@ymcaspbc.org | 561-300-3227