



Heart Healthy Nutrition Seminars

As part of the Blood Pressure Self-Monitoring Program (BPSM), we will be offering a series of 4 heart healthy nutrition seminars. Participation open to all -- you do not need to be enrolled in BPSM.

Thursday February 8, 11:00AM-12:00PM

Thursday March 7, 11:00AM-12:00PM

Thursday April 4, 11:00AM-12:00PM

Thursday May 2, 11:00AM-12:00pm

Questions? Contact Robin Nierman, Director of Community Health,
rnierman@ymcaspbc.org or 561-300-3227

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