



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TAKE ACTION TO IMPROVE HEART HEALTH



**Heart Healthy Nutrition Series**  
YMCA of Central New Mexico

**Led by a Trained and Certified Healthy Heart Ambassador, these one-hour virtual seminars will highlight the importance of practicing healthier eating habits.**

**This program is a part of the YMCA's Blood Pressure Self-Monitoring program designed to help participants with hypertension lower their blood pressure.**

Heart Healthy Eating for Life	DASH Way of Eating	Lowering Sodium Intake	Shopping, Preparing & Cooking Food for Better BP Management
Wed. July 6 12:00-1:00pm	Wed. August 3 12:00-1:00pm	Wed. Sept. 7 12:00-1:00pm	Wed. Oct. 5 12:00-1:00pm
Tues. July 12 7:00-8:00pm	Tues. August 9 7:00-8:00pm	Tues. Sept. 13 7:00-8:00pm	Tues. Oct. 11 7:00-8:00pm
Thurs. July 21 12:00-1:00pm	Thurs. August 18 12:00-1:00pm	Thurs. Sept. 22 12:00-1:00pm	Thurs. Oct. 20 12:00-1:00pm

For questions or to enroll, please email: [bloodpressureymca@gmail.com](mailto:bloodpressureymca@gmail.com)

Pre-registration for virtual seminars is required. All these seminars will be via Zoom.  
Pre-register by sending an email to [bloodpressureymca@gmail.com](mailto:bloodpressureymca@gmail.com)