



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. Mar. 2 12:00-1:00pm	Wed. Apr. 6 12:00-1:00pm	Wed. May 4 12:00-1:00pm	Wed. June 1 12:00-1:00pm
Tues. Mar. 8 7:00-8:00pm	Tues. Apr. 12 7:00-8:00pm	Tues. May 10 7:00-8:00pm	Tues. June 7 7:00-8:00pm
Thurs. Mar. 17 12:00-1:00pm	Thurs. Apr. 21 12:00-1:00pm	Thurs. May 19 12:00-1:00pm	Thurs. June 16 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)