

**HAVE HIGH BLOOD PRESSURE?
GET CONTROL OF YOUR HEALTH!
THE YMCA'S BLOOD PRESSURE
SELF-MONITORING PROGRAM
IS OPEN TO EVERYONE!**



AVAILABLE ONLINE VIA ZOOM OR IN-PERSON

This 4-month wellness program gives you tools to **reduce your blood pressure, develop healthier eating habits, and properly take your own blood pressure** with help from our specially trained staff. The program is open to anyone who has high blood pressure and is over 18 years old.

Our monthly **FREE nutrition seminars and mindfulness/stress management classes** will help you make the lifestyle changes to improve your health and blood pressure. **You do not have to be enrolled in the Blood Pressure Self-Monitoring Program to attend.**

SIGN UP TODAY!

FINANCIAL ASSISTANCE AVAILABLE

FOR MORE INFORMATION about the Blood Pressure Self-Monitoring Program or **FREE classes**, please email **bloodpressureymca@gmail.com**



*Blood Pressure Monitors available for purchase by registered participants for \$35

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY