



## Blood Pressure Self-Monitoring Program

### About the Program

The Blood Pressure Self-Monitoring Program is a FREE 4-month program that includes access to our Healthy Heart Ambassadors, along with private consultations, access to the YMCA facility for all your fitness needs, monthly seminars, weekly check-ins by phone or email from a Healthy Heart Ambassador, and more. Program participants are asked to attend Four personalized consultations per month as well as the monthly nutrition education seminars in person or virtually.

### Participant Requirements

- **Must be at least 18 years old or older**
- **Been diagnosed with high blood pressure and /or on antihypertensive medication**
- **Have not experienced a recent cardiac event**
- **Does not have atrial fibrillation or other arrhythmias**
- **Does not have or are at risk for lymphedema**

### Benefits of the Program

Joining the Blood Pressure Self-Monitoring program is an investment in your health and a commitment to reducing your risk of heart attack or stroke.

One of the benefits of the program is the support you will receive to develop the habit of self-monitoring to lower and better manage your blood pressure

### How to Register

**Call the YMCA at  
(662) 335-7258  
Ask to speak to April or Josh**

Hodding Carter Memorial YMCA, 1688 Fairground Rd., Greenville MS, 38703



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