



# 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 two personalized consultations per month as well as the monthly nutrition education seminars

## 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

Email: [hcmymca@gmail.com](mailto:hcmymca@gmail.com)

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