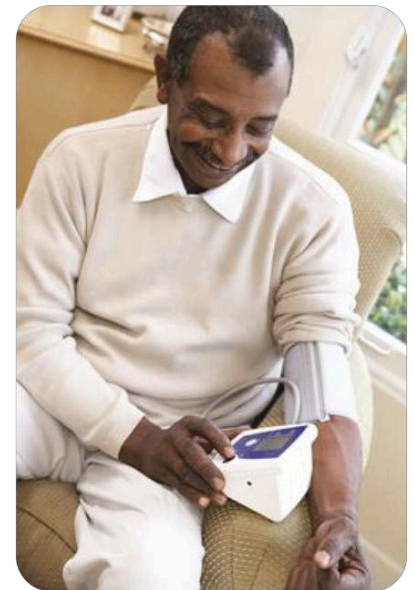




TAKE ACTION TO HEART HEALTH

SANTA MONICA FAMILY YMCA

in Partnership with the County of Los Angeles Department of Public Health



**1 In 3 American Adults Have
High Blood Pressure**

YMCA's Blood Pressure Self-Monitoring Program

Joining the blood pressure self-monitoring program is an investment in your health and a commitment to reducing your risk for heart attack or stroke.

ABOUT THE PROGRAM:

The YMCA Blood Pressure Self-Monitoring Program helps adults with hypertension achieve the goal of lowering and managing their blood pressure through increased awareness of triggers that elevate it. In this 4-month evidence-based program participants will:

- Attend at least two personalized consultations per month with our trained Healthy Heart Ambassador
- Learn measuring techniques and record blood pressure at home to share during consultations
- Attend monthly nutrition education seminars to develop healthier eating habits

PROGRAM GOALS:

- Reduction in blood pressure and better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits

TO QUALIFY, YOU MUST:

- Be at least 18 years old and be diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or arrhythmias
- Not be at risk for lymphedema
- YMCA membership is not required to participate in the program.

FREE For Y Members (Package value \$259) & Non-Members (Package value \$279)

Includes one blood pressure monitor, access to Y live stream exercise classes, and 4-month Y Membership Voucher.

For more information and registration, contact Lidia Magarian,
Chronic Disease Prevention Director (310) 393-2721 Ext. 129
or email: lidiam@ymcasm.org

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