

# HEALTHY HEARTS START AT HOME

## BLOOD PRESSURE SELF-MONITORING PROGRAM



Helps adults better manage high blood pressure through regular blood pressure self-monitoring and other heart-related activities.

### THIS FREE 4-MONTH PROGRAM WILL HELP YOU:



Manage high blood pressure



Identify and control triggers that raise blood pressure



Learn to eat healthier and find ways to move more



### TO QUALIFY FOR THE PROGRAM, PARTICIPANTS MUST BE AT LEAST 18 YEARS OLD AND:

- Have been diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

### PARTICIPANTS WILL RECEIVE:

- A blood pressure monitor (if needed) and training on how to measure and track your blood pressure at home
- One-on-one support from a trained coach over a four month period (virtual or in-person).
- Nutritional education that will build your confidence to buy, prepare, and cook affordable, delicious, heart-healthy meals.



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**CONTACT US FOR MORE INFORMATION - 301-609-6622**