

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

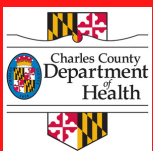


TO QUALIFY FOR THE PROGRAM, PARTICIPANTS MUST BE AT LEAST 18 YEARS OLD AND:

- 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