



BLOOD PRESSURE SELF-MONITORING PROGRAM

Information Session: Wed, January 19 at 1:00pm

Bellingham Senior Activity Center (315 Halleck St, Bellingham)

High blood pressure is often referred to as “The Silent Killer” because there are typically no warning signs or symptoms. High blood pressure is a key, modifiable, risk factor for both heart disease and stroke, which are two of the leading causes of death in the United States. This 4 month program will help you gain the skills needed to manage/or lower your blood pressure.

PROGRAM OVERVIEW

With the support from a trained Healthy Heart Ambassador, participants:

- Measure and record their blood pressure at least two times per month
- Attend two personalized consultations per month
- Attend monthly Nutrition Education Seminars

GOALS

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

WHO QUALIFIES?

- Be at least 18 years old
- Be 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

CONTACT: For more information,
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WHATCOM FAMILY YMCA

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Program Partners:



Unity Care NW & Sea Mar patients over age 60, diagnosed with high blood pressure, are eligible to participate.