



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TAKE ACTION TO IMPROVE YOUR HEART'S HEALTH

## Blood Pressure Self Monitoring LE MARS YMCA

The YMCA's Blood Pressure Self Monitoring program helps adults with hypertension lower and manage their blood pressure. The four-month program focuses on:

- Home self-monitoring of one's blood pressure using proper measuring techniques
- Two personalized consultations per month with a trained Healthy Heart Ambassador at the Le Mars YMCA
- Once a month nutrition education seminars for better blood pressure management
- Weekly emails from the Y's Healthy Heart Ambassador with helpful tips and encouragement

In honor of  
**FEBRUARY**  
being  
**AMERICAN**  
**HEART MONTH**  
This program  
is **FREE!**



## WHO QUALIFIES

- Any Plymouth County Resident
- 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

## PROGRAM DETAILS

- Location:** Le Mars YMCA
- Session:** 4 Month Program
- Registration:** Enroll by February 14, 2020.
- Free Program:** 16 week program is FREE
- Monitors:** We have blood pressure monitors available if you need one. You can purchase a monitor from us for \$25.
- Office Hours:**
- |           |              |
|-----------|--------------|
| Mondays   | 9:00-10:00am |
| Tuesdays  | 12:00-1:00pm |
| Thursdays | 6:45-7:45am  |

## NUTRITION SEMINARS @ Noon

Dietary Approaches to Manage Hypertension

**February 18, 2020**

Reducing Sodium Intake

**March 10, 2020**

Shopping, Preparing and Cooking Food for Better Blood Pressure Management

**April 21, 2020**

Heart Healthy Eating for Life

**May 12, 2020**

**The Le Mars YMCA is a not-for-profit, cause-driven charitable organization.**