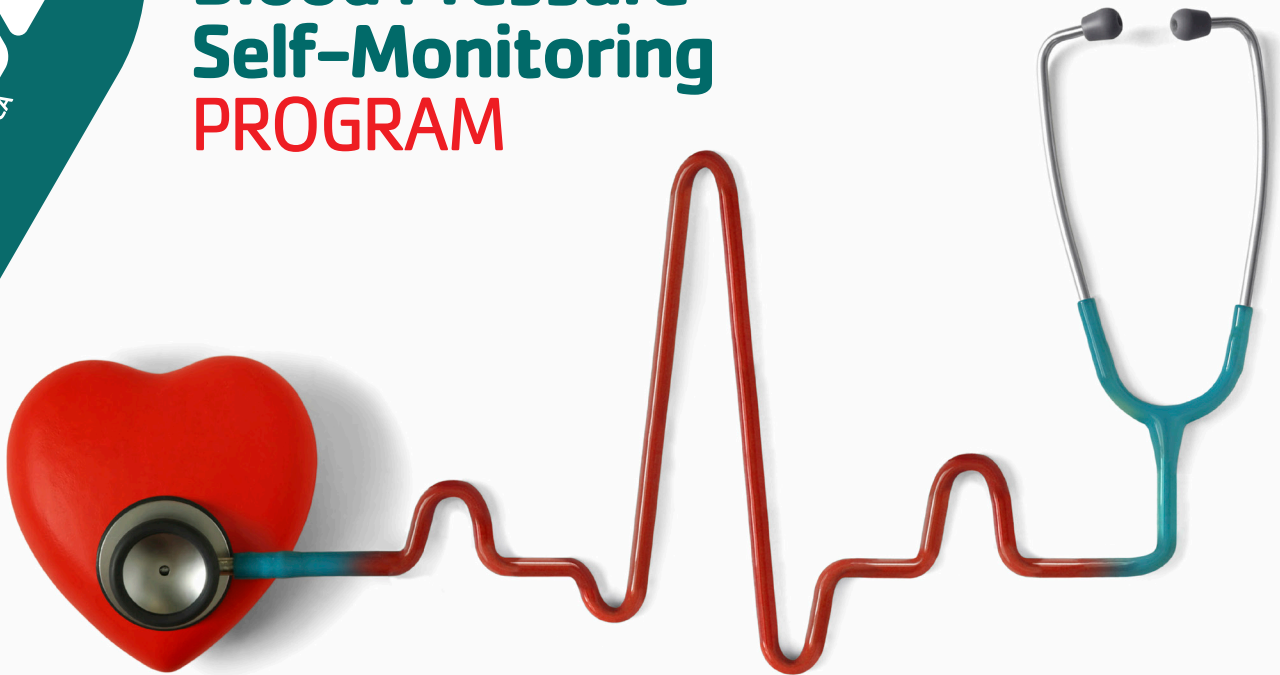




Blood Pressure Self-Monitoring PROGRAM



MARY FREE BED YMCA

OCTOBER 1ST – JANUARY 31ST

\$40 MEMBER/ \$60 NON-MEMBERS

Research shows that the simple process of checking and recording your blood pressure at least twice a month over four months may lower blood pressure in people with high blood pressure. Proper nutrition with a reduction in sodium and engaging in regular physical activity each week can also lead to a considerable reduction in blood pressure.

THIS FOUR-MONTH PROGRAM INCLUDES:

- Two consultations per month with a Healthy Heart Ambassador (monthly schedules will be available at MFB Y and will be emailed to all registered participants)
- Monthly Nutrition Seminar

GOALS:

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

QUALIFICATIONS: You must be 18 years or older. You must have a diagnosis of high blood pressure from a health care provider with no recent cardiac events, nor atrial fibrillation or other arrhythmias, and not at risk for lymphedema.

MARY FREE BED YMCA
5500 Burton St. SE Grand Rapids, MI 49546
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FOR MORE INFORMATION OR TO REGISTER
Stop by front desk or call 616.285.9077