



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

PROGRAM 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

- 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
Dates:	Starts September 4
Sessions:	4 Month Program
Registration:	Starts August 12 at the Le Mars YMCA with rolling enrollment, you can enroll the first Monday of each month
Fees:	\$50 for 16 week program participation \$40 for a blood pressure monitor
Office Hours:	Mondays 9:00-11:00am Tuesdays 12:00-1:00pm Thursdays 6:45-7:45am

NUTRITION SEMINARS @ Noon

Dietary Approaches to Manage Hypertension

September 10, 2019 and January 2020

Reducing Sodium Intake

October 8, 2019 and February 2020

Shopping, Preparing and Cooking Food for Better Blood Pressure Management

November 12, 2019 and March 2020

Heart Healthy Eating for Life

December 10, 2019 and April 2020

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