



1 in 3 AMERICAN ADULTS HAVE HIGH BLOOD PRESSURE

An estimated 1/2 of adults have their condition under control



**STARTS
MAY 11, 2023**

The simple process of checking and recording your blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in some people with hypertension.

Blood Pressure Self-Monitoring is an evidence-based program that features personalized support for developing a blood pressure self-monitoring routine, tips for maintaining cardiovascular health and provides nutrition education seminars.

WHO QUALIFIES

- Be at least 18 years old
- Be diagnosed with high blood pressure or currently taking antihypertensive medication
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

YMCA membership is not required

**FOR ADDITIONAL INFORMATION, CONTACT:
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