



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# IMPROVE HEART HEALTH

## Blood Pressure Self-Monitoring Program

The Y designed the **Blood Pressure Self-Monitoring** program to help adults lower hypertension and manage their blood pressure.

The four-month program focuses on regulated home self-monitoring of one's blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management. 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

**SESSION DATES:**  
5/15/2023 - 9/15/24

**REGISTRATION  
NOW OPEN**

**PRICING**  
**FREE - SPACE IS LIMITED**

**For more information:**  
Peyton James  
pjames@acymca.org  
(336)395-9622, ext. 227

**CONTINUED ON THE OTHER SIDE ...**

# Blood Pressure Self-Monitoring Program



## BACKGROUND

According to the Centers for Disease Control, nearly 120 million adults have high blood pressure in this country. Less than half have it under control.

High blood pressure is most prevalent in racial and ethnic minority populations, and 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.

## 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?

- 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

**For more information:**  
pjames@acymca.org or (336) 395-9622, ext. 227.

## PROGRAM PRICING

**FREE**



## WHAT DOES THIS PROGRAM INCLUDE?

Participants of the Alamance County Community YMCA's Blood Pressure Self-Monitoring program will receive a Blood Pressure Monitor, a 4-Month Individual YMCA Membership, scheduled office hours for one on one coaching, and access to seminars to increase knowledge of health living decisions.

## TO LEARN MORE ABOUT HYPERTENSION

- **American Heart Association**

[www.heart.org/en/health-topics/high-blood-pressure](http://www.heart.org/en/health-topics/high-blood-pressure)

- **Centers for Disease Control and Prevention**

[www.cdc.gov/bloodpressure/index.htm](http://www.cdc.gov/bloodpressure/index.htm)

- **YMCA of the USA**

[www.ymca.net/blood-pressure-self-monitoring](http://www.ymca.net/blood-pressure-self-monitoring)

**ACYMCA.ORG**

**Alamance County  
Community YMCA**

**1346 South Main Street,  
Burlington, NC 27215**

**(336) 395-9622**