



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY HEARTS LOW PRESSURE



Do you have high blood pressure?

Join the Y's Blood Pressure Self-Monitoring Program (BPSM)

BPSM helps adults with hypertension achieve the goal of lowering and managing their blood pressure. All programs will be hosted in person or via ZOOM. Please see schedule for details.

During the 4-month program, participants will:

- Receive a free blood pressure cuff
- Attend two 10-min blood pressure consultations per month
- Attend monthly nutrition education seminars to develop healthier eating habits



Email health@ymcadc.org to enroll!



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WHAT TO EXPECT FROM BPSM

The BPSM program helps adults with hypertension achieve the goal of lowering and managing their blood pressure.

How it works:

1. Once you receive your BP monitor in the mail, begin tracking your heart rate on the tracker provided.
2. Attend a 10-minute office hour visit two times per month. See the calendar of office hours below. We recommend meeting with the same Health Heart Ambassador.
3. Attend our monthly nutrition seminars. See the calendar of seminars below.

	MON	TUES	WED	THUR	FRI	SAT	
OFFICE HOURS	10am – 12pm Veronica (Virtual) <i>En Español</i> 7pm – 9pm Asha (Virtual)	2pm – 4pm Chris (Silver Spring)	10am – 12pm Veronica (Virtual) <i>En Español</i> 7pm – 9pm Fatimah (Bethesda)			10am – 12pm Asha (Virtual) 2pm – 4pm Fatimah (Bethesda)	2pm – 4pm Fatimah (Bethesda)
NUTRITION SEMINARS	FIRST WEDNESDAY OF THE MONTH			FIRST FRIDAY OF THE MONTH			
	6pm – 7pm: Fatimah 7:30pm – 8:30pm: Veronica <i>En Español</i>			12pm – 1pm: Asha 3pm – 4pm: Chris			