



TAKE ACTION TO IMPROVE HEART HEALTH

Blood Pressure Self-Monitoring Program

September 20–December 20 | Wednesdays, 10am–Noon

Class Location: 4545 Cordata Parkway, LL (Lower level) Conference Room 1

High blood pressure is a silent killer. Learn to better manage yours through proper measuring techniques, individualized support, and nutritional education during our four month program led by a Y Healthy Heart Ambassador!

CLASS DETAILS

- September 20–December 20
- Wednesdays, 10am–Noon
(10 minute allotted check-in time)
- Nutrition seminars
- Free of charge thanks to the
Mount Baker Foundation
- Class located at:
**PeaceHealth Cordata Main
LL (Lower level), Conference Room 1
4545 Cordata Parkway
Bellingham WA, 98226**

Contact Tammy Bennett to register!
E tbennett@whatcomymca.org
P 360 255 0490

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

GOALS

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

**FREE blood pressure
monitors available
for participants
without one!**

PROGRAM PARTNERS:



WHATCOM FAMILY YMCA
1256 N State St, Bellingham, WA, 98225
P 360 733 8630 | W whatcomymca.org

For a better us.®