



# TAKE ACTION TO IMPROVE HEART HEALTH

## Blood Pressure Self-Monitoring Program

January 17–April 24 | Every other Wednesday, 10am–11am

Class Location: Bellingham Senior Activity Center 315 Halleck St

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

- January 17–April 24
- Wednesdays, 10am–11am  
(10 minute allotted check-in time)
- Nutrition seminars  
(see back for details)
- Free of charge thanks to the **Mount Baker Foundation**
- Class located at:

Bellingham Senior Activity Center  
315 Halleck St,  
Bellingham WA, 98226

**Contact Karrie Inman to register!**

**E** [kinman@whatcomymca.org](mailto:kinman@whatcomymca.org)

**P** 360 255 0646

**WHATCOM FAMILY YMCA**  
1256 N State St, Bellingham, WA, 98225  
**P** 360 733 8630 | **W** [whatcomymca.org](http://whatcomymca.org)

**For a better us.®**

### 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:

 **PeaceHealth**

 **Mount Baker  
Foundation**



**One-hour Blood Pressure Self-Monitoring Nutrition Seminars are at 11am once a month. Dates & topics are below. You are welcome to bring a guest to the BPSM Nutrition Seminars.**

- January 31 #1 Intro to D.A.S.H.**
- February 28 #2 Reducing Sodium Intake**
- March 27 #3 Shopping and Cooking for Better Blood Pressure Management**
- April 24 #4 Heart Healthy Eating for Life**