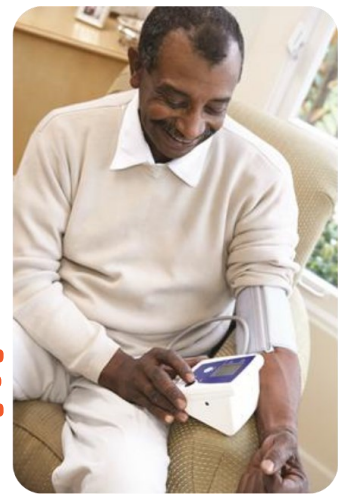




FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



# TAKE ACTION TO IMPROVE HEART HEALTH

## BLOOD PRESSURE SELF-MONITORING PROGRAM

ROSE. E. SCHNEIDER FAMILY YMCA



### HOW THE PROGRAM WORKS

Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. During this time, participants will be encouraged to:

- Self-measure their blood pressure at least two times per month
- Attend two personalized consultations per month at any of these days/times
- Attend monthly nutrition education seminars

Participants will record their blood pressure readings using an easy-to-use, self-selected tracking tool. The Y will provide options for participants who need a home blood pressure monitor.

#### OFFICE HOURS (Lobby):

Tuesdays	11:00am-1:00pm
Wednesdays	5:00pm-7:00pm
Fridays	6:30am-8:30am
Saturdays	1:00pm-3:00pm

### PROGRAM GOALS

#### Evidence Based Program

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

**Cost: \$40.00**

includes a home blood pressure unit

**\$30.00**

if you already have a home blood pressure unit

\*Financial Assistance Available

You do not have to be a YMCA member to participate in this program.  
**Open to the community!**

### TO QUALIFY, PARTICIPANTS WILL:

- 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

**1 IN 3 AMERICAN ADULTS HAVE HIGH BLOOD PRESSURE**

For more information about the program, contact Sandra Ihlenfeld, Vice President, Organizational Advancement at [sihlenfeld@bcfymca.org](mailto:sihlenfeld@bcfymca.org) or 724.452.9122 x 219  
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