



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Raritan Valley YMCA

# Blood Pressure Self-Monitoring Program

### Have High Blood Pressure? Let us help you!

The Raritan Valley YMCA is hosting a Blood Pressure Self-Monitoring program that provides insight on maintaining healthy blood pressure. Individuals who participate in this program gain knowledge on how to control blood pressure, what triggers elevated blood pressure, and how to develop better nutritional habits.

#### **How the program will work:**

The program focuses on regular self-monitoring of one's blood pressure over 16 weeks, one-on-one or group-based consultations with a trained Healthy Heart Ambassador, support, and nutrition education for better blood pressure management. **Individuals must come to the Raritan Valley YMCA twice a month for BP checks.**

#### **To be eligible, program participants must:**

Be 18 years of age or older, have been told they have high blood pressure and/are on anti-hypertensive medication, have not experienced a recent cardiac event; Do not have atrial fibrillation or other arrhythmias; Do not have or are not at risk for lymphedema

**Also,** A physician's referral is not required, and medical clearance is not required.

**Individuals who successfully complete the program will win a T-shirt as well as one free class on days of blood pressure examination.**

### WANT TO GET INVOLVED?

Call us at (732) 257-4114 or stop by our main desk to fill out Interest Form.

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**Free &  
Open to the Public!**

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