



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

TAKE ACTION TO IMPROVE HEART HEALTH

Heart Healthy Nutrition Series
YMCA of Central New Mexico



Led by a Trained and Certified Healthy Heart Ambassador, these one-hour virtual seminars will highlight the importance of practicing healthier eating habits.

This program is a part of the YMCA's Blood Pressure Self-Monitoring program designed to help participants with hypertension lower their blood pressure.

Shopping, Preparing & Cooking Food for Better BP Management	Heart Healthy Eating for Life	DASH Way of Eating	Lowering Sodium Intake
Wed. Feb. 3 12:00-1:00pm	Wed. March 3 12:00-1:00pm	Wed. April 7 12:00-1:00pm	Wed. May 5 12:00-1:00pm
Tues. Feb. 9 7:00-8:00pm	Tues. March 9 7:00-8:00pm	Tues. April 13 7:00-8:00pm	Tues. May 11 7:00-8:00pm
Thurs. Feb. 18 12:00-1:00pm	Thurs. March 18 12:00-1:00pm	Thurs. April 22 12:00-1:00pm	Thurs. May 20 12:00-1:00pm

For questions or to enroll, please email: [**bloodpressureymca@gmail.com**](mailto:bloodpressureymca@gmail.com)

Or call: 505-595-1515 x4013

Pre-registration for virtual seminars is required. All these seminars will be via Zoom. Pre-register by sending an email to bloodpressureymca@gmail.com