

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

**HAVE HIGH BLOOD PRESSURE?  
WANT TO DO SOMETHING?**

**Blood Pressure Self-Monitoring Program  
Open to everyone (members and non-members)**



According to the American Heart Association, nearly **80 million adults** in the United States have high blood pressure. **Less than half have it under control.** The CDC states that people with hypertension might be at an **increased risk for severe illness from COVID-19.**

The **Blood Pressure Self-Monitoring Program** helps participants **reduce their blood pressure** and **develop healthier eating habits.** Working online or in person with trained Healthy Heart Ambassadors, participants will learn to properly take their own blood pressure at home and how to make healthy nutrition changes to help lower their blood pressure.

**February Special! NO Registration Fee**

**\*Blood Pressure Monitor available to purchase for \$30**

**TAKE CONTROL OF YOUR HEALTH, SIGN UP TODAY!**



**Questions? Contact [bloodpressureymca@gmail.com](mailto:bloodpressureymca@gmail.com)  
To register, call (505) 595-1515  
or visit [www.ymcacnm.org](http://www.ymcacnm.org)**

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