Blood Pressure Self-Monitoring Program
YMCA OF SOUTHERN NEVADA

FEB 22 - JUN 10
Heinrich Y | SkyView Y

The simple process of checking and recording your blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in some people with hypertension.

Blood Pressure Self-Monitoring is an evidence-based program that features personalized support for developing a blood pressure self-monitoring routine, tips for maintaining cardiovascular health and nutrition education.

To see if you qualify or for additional information, contact:
Autumn Hammer
(702) 998.9107
ahammer@lasvegasymca.org

YMCA membership not required.
LASEVASYMCA.ORG

The Y is a leading nonprofit committed to improving the nation’s health. Financial assistance is available to those who qualify. Please contact the Y for more information.

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