

# TAKE ACTION TO IMPROVE HEART HEALTH

## HOW THE FREE PROGRAM WORKS

- Participants will meet with a Healthy Heart Ambassador for brief 10-minute meetings, two-times per month for 4-months.
- During the 4-month program, participants will be asked to:
  - ◇ Take their own blood pressure at least two times per month and record it.
  - ◇ Attend two 10-minute meetings per month with their Ambassador.
  - ◇ Attend monthly nutrition education meetings.

## PROGRAM GOALS FOR PARTICIPANTS

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

## 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
- Not be at risk for lymphedema

