

EMPOWERED TO SERVE

BLOOD PRESSURE EDUCATION PROGRAM

Overview of the Program:

Participants will meet in person or virtually for our 6-week education program.

Some of the Topics Covered:

- Your The Cure
- Eating Smart with Fruits and Vegetables
- Control Your Blood Pressure



PROGRAM GOALS

- ✓ REDUCE BLOOD PRESSURE
- ✓ EXERCISE IMPACT ON BLOOD PRESSURE MANAGEMENT
- ✓ INCREASED AWARENESS OF TRIGGERS THAT ELEVATE BLOOD PRESSURE
- ✓ DEVELOP HEALTHIER EATING HABITS TO CONTROL YOUR BLOOD PRESSURE



TO PARTICIPATE IN THE PROGRAM

- Be at least 18 years old
- Be diagnosed or at risk for high blood pressure
- Be open and willing to learn new behaviors



Follow the link below to sign up for the program:

<https://linktr.ee/diabetesyoucanwin>

Contact us for more information:

(678) 837-4024

Info@diabetesyoucanwin.org

Sponsored by The American Heart Association