

# 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](mailto:Info@diabetesyoucanwin.org)

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