

HEALTHY HEARTS AMBASSADOR

BLOOD PRESSURE SELF-MONITORING PROGRAM

The Blood Pressure Self-Monitoring Program is a 4-month, CDC-approved initiative designed to empower individuals with hypertension to effectively manage their condition. Participants will learn to control their blood pressure through personalized guidance, nutrition education, and ongoing support using self-management techniques and a heart-healthy diet.

Key Benefits Include:

- **Personalized Guidance:** Two individualized consultations per month
- **Nutrition Education:** Monthly workshops on heart-healthy eating
- **Improved Blood Pressure:** Effective management through self-monitoring and lifestyle changes
- **Sustainable Health:** Develop healthy eating habits for long-term well-being
- **Dedicated Support:** One-on-one assistance throughout the program



Want to learn more or enroll?
Call the Population Health
Team today at 718-869-7293
or scan the QR code below!

