



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Blood Pressure Self-Monitoring Program

Sponsored by the Mansfield Area Y and Shelby Y

Office Hours (walk in) with Healthy Heart Ambassador

Tuesdays, 9:00 to 11:00 am, Shelby Y

September 10, 17, 24

October 8, 15, 22

November 5, 12, 19

December 10 and 17

January 7, 14, 21

Nutrition Seminars: Will start after office hours, 11:15 am

October 8: DASH Way of Eating

November 5: Lowing Sodium Intake

December 10: Shopping, Preparing and Cooking for Better
Blood Pressure Management

January 7: Heart Healthy Eating