Freehold | Red Bank | Old Bridge

PARTNERS IN PREVENTION

Blood Pressure Self-Monitoring Program

STARTS MAR. 2!

We've partnered with the NJ Dept. of Health to bring this national YMCA initiative to our community

The **YMCA's Blood Pressure Self-Monitoring (BPSM) Program** supports adults with hypertension in lowering and managing their blood pressure. This free four-month program focuses on practicing home self-monitoring of blood pressure readings and individualized nutrition education for better blood pressure management. With the support from a trained **Healthy Heart Ambassador (HHA), participants** will aim to:

- Measure and record their blood pressure at least two times per month
- Learn how to properly measure their blood pressure
- Attend two personalized consultations per month with a Healthy Heart Ambassador
- Attend monthly Nutrition Education Seminars

Includes YMCA membership and blood pressure cuff for program duration

Learn more at ymcanj.org/bpsm

YMCA OF GREATER MONMOUTH COUNTY

120-5162.01-FD

Freehold Family YMCA
470 East Freehold Road
Freehold, NJ 07728
732.462.0464

Old Bridge Family YMCA
1 Mannino Park Drive
Old Bridge, NJ 08857
732.727.0704

Red Bank Family YMCA
166 Maple Avenue
Red Bank, NJ 07701
732.741.2504

YMCANJ.org

Here for all.
Financial assistance is offered based on availability of funds.