



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

1 IN 3 AMERICAN ADULTS
HAVE HIGH BLOOD PRESSURE

Only about **1/2** of people have
their condition under control*



TAKE ACTION TO IMPROVE HEART HEALTH

Blood Pressure Self-Monitoring Program RAPPAHANNOCK AREA YMCA

The simple process of checking and recording your blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in some people with hypertension.

Blood Pressure Self-Monitoring is an evidence-based program that features personalized support for developing a blood pressure self-monitoring routine, tips for maintaining cardiovascular health and nutrition education.

To see if you qualify or for additional information, contact:

Massad Family YMCA
212 Butler Road
Fredericksburg, VA
540-371-9622 ext. 1023
nmurdock@family-ymca.org

YMCA membership not required.

The Y is a leading nonprofit committed to improving the nation's health. Financial assistance is available to those who qualify. Please contact the Y for more information.

*REFERENCE: American Heart Association 051610 08/16