

Chronic Disease Programs

Blood Pressure Self-Monitoring Program

FREE TO COMMUNITY

“TAKE ACTION TO IMPROVE HEART HEALTH”

HOW THE PROGRAM WORKS:

Participants will work with trained Healthy Heart Ambassadors for the duration of the 4-month program. During this time, participants will be encouraged to:

- Self-monitor their BP at least 2x per month
- Attend 2 personalized consultations per month
- Attend a monthly nutritional education seminar (encouraged but not mandatory)

TO QUALIFY, PARTICIPANTS MUST:

- Be at least 18yrs old
- Be DIAGNOSED with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias

For more information or to enroll in the Program please contact Carrie Smith, 419-447-8711 or csmith@tiffinymca.org



Diabetes Prevention Program

More than 200 Ys across the country help thousands of people reduce their risk for developing type 2 diabetes with YMCA's Diabetes Prevention Program. This small-group program helps people with prediabetes eat healthier, increase their physical activity, and lose weight, which can delay or even prevent the onset of type 2 diabetes.



Interested to learn more? Contact Jillian Shaferly
classes to begin in the fall

419-447-8711 or
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