



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# FEBRUARY IS HEART HEALTH AWARENESS MONTH!

**Did you know nearly half of all adults have high blood pressure? The YMCA can help!**

**100% of our participants have lowered their Blood Pressure through this program!**

Participants will:

- Learn how to measure their blood pressure at home
- Attend two personalized consultations per month with a Healthy Heart Ambassador
- Attend monthly Nutrition Education Seminars

**[CLICK HERE TO LEARN MORE & REGISTER!](#)**

Questions? Please respond to this email and a team member will contact you.

**Ask your Wellness Director about more heart health activities this month!**

**ENROLL TODAY**

**AND YOU WILL  
RECEIVE A **FREE**  
BLOOD PRESSURE  
MONITOR & YMCA  
LOG BOOK!**