



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TAKE ACTION TO IMPROVE HEART HEALTH



**Heart Healthy Nutrition Series**  
YMCA of Central New Mexico

**Led by a Trained and Certified Healthy Heart Ambassador, these one-hour virtual seminars will highlight the importance of practicing healthier eating habits.**

**This program is a part of the YMCA's Blood Pressure Self-Monitoring program designed to help participants with hypertension lower their blood pressure.**

Lowering Sodium Intake	Shopping, Preparing & Cooking Food for Better BP Management	Heart Healthy Eating for Life	DASH Way of Eating
Wed. May 5 12:00-1:00pm	Wed. June 2 12:00-1:00pm	Wed. July 7 12:00-1:00pm	Wed. August 4 12:00-1:00pm
Tues. May 11 7:00-8:00pm	Tues. June 8 7:00-8:00pm	Tues. July 13 7:00-8:00pm	Tues. August 10 7:00-8:00pm
Thurs. May 20 12:00-1:00pm	Thurs. June 17 12:00-1:00pm	Thurs. July 22 12:00-1:00pm	Thurs. August 19 12:00-1:00pm

For questions or to enroll, please email: [bloodpressureymca@gmail.com](mailto:bloodpressureymca@gmail.com)

Or call: 505-595-1515 x4013

Pre-registration for virtual seminars is required. All these seminars will be via Zoom. Pre-register by sending an email to [bloodpressureymca@gmail.com](mailto:bloodpressureymca@gmail.com)