

Healthy Heart Ambassador

Blood Pressure Self-Monitoring Program

June—September 2025 at Bedford Senior Citizens Center



This is a four month free program to help you monitor your blood pressure to assist you and your medical team in better managing your blood pressure.

BENEFITS

Reduce your risk for heart attack or stroke by committing to the program

Receive support to develop the habit of monitoring your blood pressure

Receive free materials and items to assist you in monitoring blood pressure

REQUIREMENTS

1. Drop by to meet with facilitator twice a month during office hours for about 10 minutes of personalized consultation.
2. Monitor blood pressure at home at least twice a month (materials supplied).
3. Receive weekly check-ins from the facilitator by e-mail, text or phone.
4. Attend monthly (4 total) nutrition seminars.

See back of page for Schedule

ELIGIBILITY

Must be at least 18 years old

Been diagnosed with high blood pressure and/or on antihypertensive medication

No cardiac events in last 12 months

No atrial fibrillation or other arrhythmias

Don't have or are not at risk for lymphedema

Call the Senior Citizens Center (931-684-0019) or the Extension Office (931-684-5971) to sign up or for more information. Limited spaces available.

Facilitated by Whitney Danhof
Family and Consumer Sciences Agent
UT/TSU Extension

SCHEDULE

All events at the Bedford County Senior Citizens Center
(111 J.G. Helton Drive, Shelbyville, TN 37160)

Monday	June 16	8:00—noon	Office Hours
Monday	June 30	8:00—10:00 10:00—11:00 11:00—noon	Office Hours Nutrition Seminar Office Hours
Tuesday	July 15	8:00—noon	Office Hours
Monday	July 28	8:00—10:00 10:00 -11:00 11:00—noon	Office Hours Nutrition Seminar Office Hours
Monday	Aug 11	8:00—10:00 10:00 -11:00 11:00—noon	Office Hours Nutrition Seminar Office Hours
Monday	Aug 25	8:00—noon	Office Hours
Tuesday	Sept 9	8:00—noon	Office Hours
Tuesday	Sept 23	8:00—10:00 10:00 -11:00 11:00—noon	Office Hours Nutrition Seminar Office Hours

If you need to miss one or two of these for a conflict, arrangements can be made individually.