

ASPETUCK HEALTH DISTRICT

PRESENTS:

“SELF MEASURE BLOOD PRESSURE EDUCATIONAL SESSION”

YOU ARE ELIGIBLE TO ATTEND IF YOU HAVE HAD OR CURRENTLY HAVE ELEVATED BLOOD PRESSURE

**SEATS ARE LIMITED SO PLEASE BE IN TOUCH WITH US ASAP
(203)227-9571
Extension 242 or 231**

LOCATION:

**Westport Center for Senior Activities
21 Imperial Avenue
Westport, CT 06880**

DATE & TIME:

**April 22nd and 29th
10:00 am -12:00 pm**

***Attendees are required to come on both dates.**

***A heart healthy appetizer will be served on April 22nd**

ATTENDEES WILL BE ENROLLED IN THE SELF MEASURED BLOOD PRESSURE PROGRAM WHICH IS FUNDED THROUGH A GRANT AT THE TWO, DAY EDUCATIONAL SESSION:

What will you receive?

- a free blood pressure machine to use at home
- an occasional call from the nurse or nurse practitioner from Aspetuck Health District, to see if you have any questions or concerns & if you are using the blood pressure machine

What you will learn over the 2-day educational session?

A registered nurse, a nurse practitioner and a registered dietician will discuss,

- blood pressure classification importance of control
 - lifestyle modifications
- blood pressure medications & adhering to medications
 - hypertensive emergencies
 - heart healthy recipe ideas
- the correct way to sit when taking blood pressure

The attendees will also have ample time to practice using their blood pressure machine.

***If you aren't sure you have elevated blood pressure and want to see if you are eligible, call us at # (203)227-9571 ext. 242 & 231 or you can stop by the Aspetuck Health District at,180 Bayberry Lane, Westport and we will check your blood pressure for free (you can even get your free blood pressure machine early!).**

**YOU DO NOT HAVE TO BE A RESIDENT OF EASTON, WESTPORT OR WESTON
ALL CONNECTICUT RESIDENTS ARE WELCOME
RESERVATION IS REQUIRED**