

LUNCH & LEARN



Blood Pressure Self-Monitoring Program

Join us for a lunch and learn where we'll explore how monitoring your blood pressure can help prevent complications and support your overall health. We'll also introduce our BPSM program so you can see if it might be a great fit for you. Light snacks will be provided!

Tuesday, September 22

12:00–12:45 pm

at the Foothills Area YMCA

Room:

Thomas Alexander Center for Active Living (CAL)

Fees & Registration:

FREE to attend. Registration is not required. For members and non-members.

Questions?

Please email Kaylee Sayegh, Community Health Director, ksayegh@faymca.org

FOOTHILLS AREA YMCA

