Blood Pressure Self-Monitoring Program YMCA OF ALASKA

The simple process of checking and recording your blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in some people with hypertension.

Blood Pressure Self-Monitoring is an evidence-based program that features personalized support for developing a blood pressure self-monitoring routine, tips for maintaining cardiovascular health and nutrition education.

To see if you qualify or for additional information, contact:
Erin Widener
Healthy Community Coordinator
(907) 563-3211 ext. 104
erin@ymcaalaska.org