

HEALTHY HEART AMBASSADOR (HHA) PROGRAM

Classes to Help You Manage Your High Blood Pressure

The Healthy Heart Ambassador Program offers self-monitoring, lifestyle coaching, and nutrition education classes to help adults with hypertension — also known as high blood pressure — get to and maintain a healthy blood pressure level.



Take the first steps towards achieving better heart health.

By making healthy lifestyle choices, you can normalize your blood pressure, cholesterol, and blood sugar levels and reduce your risk of heart disease and heart attacks. Sign up for the Healthy Heart Ambassador Program to learn how to manage high blood pressure.

What You Get When You Sign Up



A **4-month program** with personalized guidance, dedicated support, and nutrition education



A monthly 60-minute **nutrition education seminar**



Tools to measure and track your blood pressure at home



Two 10-to-15-minute **consultations** each month

To participate, you must:

- Be at least 18 years old or older
- Been diagnosed with high blood pressure and/or are on antihypertensive medication
- Not experienced a recent (within the last 12 months) cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not have or are not at risk for lymphedema

For more information:

Call: 301-856-9465
Text: 240-990-7563
Email: wellnessinfo@co.pg.md.us

Sign up today!
Registration ends Friday, October 9, 2026!

