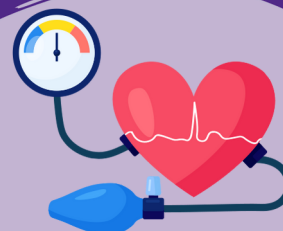


Hypertension Awareness and Prevention program (HAPp)

WHAT IS HAPp?

A **FREE** 4-month self-measured blood pressure program that provides:

- A **FREE** blood pressure monitor.
- Biweekly meetings with a trained HAPp Coach.
- Nutrition education workshops.
- Stress management & healthy lifestyle strategies.



Kick-Off Meeting
August 21st, 5:30-6:30 PM
Sedgwick County
Health Department
1900 E. 9th St. N.
Wichita, KS 67214

WHY JOIN HAPp?

- Learn how to self-measure your blood pressure accurately at home.
- Become an advocate for your health.
- Access to community resources.

WHO IS ELIGIBLE?

- ✓ Age 18 or older.
- ✓ Hypertension diagnosis or medication.
- ✓ Interest in & readiness for the program.
- ⊗ Significant cardiac event in the last 6 months.
- ⊗ Atrial fibrillation or other arrhythmias.
- ⊗ Diagnosis of lymphedema or risk of developing lymphedema.

For questions, please contact:

Tara Sharon

316.660.7428

HealthEducation@sedgwick.gov

or

Sara Sawyer, MPH, RD, LD

316.660.0118

sarasawer@ksu.edu

To register for the FREE program,
visit:

<http://bit.ly/4kzBUIN>



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