



**CHRONIC DISEASE
PREVENTION**
LAKELAND HILLS FAMILY YMCA



BLOOD PRESSURE SELF-MONITORING PROGRAM

Information Sheet

Individuals must meet the following criteria to participate in the program:

- Must be at least 18 years old
- Must be diagnosed with high blood pressure
- Must not have experienced a recent cardiac event
- Must not have atrial fibrillation or other arrhythmias
- Must not be at risk for lymphedema

Office Hours:

- Monday: 12:30 PM-1:30 PM
- Tuesday: 9:30 AM-10:30 AM
- Wednesday: 12:30 PM - 1:30 PM
- Thursday: 6:30 PM - 7:30 PM

CONTACT

Fitness Director Anthony Shovlowsky

- Email: AnthonyS@Lhymca.com
- Phone: 973.507.7040



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100 Fanny Road, Mountain Lakes, NJ 07046

P 973 334 2820 F 973 334 1308

www.lakelandhillsymca.com