



**FLORIDA DEPARTMENT OF HEALTH
IN PUTNAM COUNTY**

Healthy Heart AMBASSADOR Classes

**Register now for classes, starting
MONTH DAY
from XX x.m. to XX x.m.
in CITY**

**We're here to help you make a lifestyle
change. The Healthy Heart AMBASSADOR
classes will give you the first steps
towards better health.**

CONTACT US

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**Assistance in
monitoring and
managing blood
pressure**



**Support and
guidance from a
blood pressure
coach**



**Encouragement
and goal
setting with
classmates**