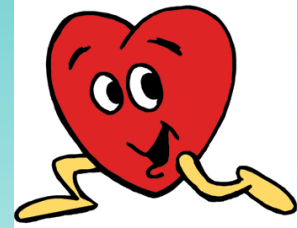


# HEALTHY HEART

AMBASSADOR



Healthy Heart



Healthy You

**IS YOUR BLOOD PRESSURE TOO HIGH?**  
**ARE YOU AFRAID OF HEART ATTACK OR STROKE?**  
**DO YOU WANT TO LIVE A HEALTHIER LIFESTYLE?**

**Are you ready to make a change?**

**Start today by monitoring your blood pressure every day!**

Self-monitoring blood pressure has been proven to help keep blood pressure under control.

**ATTEND FREE CLASSES SO YOU CAN:**

**LEARN** HOW TO MANAGE YOUR BLOOD PRESSURE FOR A LONG HEALTHY LIFE

**RECEIVE** SUPPORT FROM BLOOD PRESSURE COACH AND FELLOW CLASSMATES

**BOND** WITH OTHERS WHO SHARE THE SAME STRUGGLES AS YOU

Making a lifestyle change is not easy, but we are here to help - sign up for Healthy Heart Classes today!

Contact: Carol Kazounis Florida Department of Health Putnam County

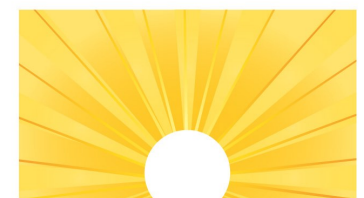
Phone: (386) 326-3223 Email: Carol.kazounis@flhealth.gov

**Small lifestyle changes can :**

- help control blood pressure
- aid in weight loss efforts
- decrease risk of heart disease + stroke

**What is a healthy lifestyle ?**

- eating a healthy diet
- reducing alcohol intake
- eliminating tobacco use
- regular physical activity
- maintaining a healthy body weight



**Florida HEALTH**  
Putnam County

# New Blood Pressure Guidelines



**Normal**

Less than 120/80



**Elevated**

120-129/80



**High Blood Pressure (Hypertension) Stage 1**

130-139/80-89



**High Blood Pressure (Hypertension) Stage 2**

140/90



**Hypertensive Crisis**

Over 180/120