



HEART HEALTH PLUS



Florida Department of Health in Dixie County will be offering **FREE Self-Monitoring Blood Pressure** classes beginning in mid-March as part of the Heart Health Plus initiative to address cardiovascular disease, diabetes, and tobacco cessation in Dixie County.

Weekly classes will offer health education on lifestyle changes and techniques such as: smoking cessation, diabetes education/screenings, healthy cooking/eating and more.

- Participants must enroll and complete the 12 week program.
- Participants must be clinically diagnosed with hypertension.
- Participants will receive a free self-monitoring blood pressure machine and much, much more.

Registration forms are available at the Florida Department of Health-Dixie and our local community health providers/partners: North Florida Medical Center, Tri-County Primary Care, Palms Medical Center and North Florida Pediatrics.

Pre-Registration can also be done by visiting <http://Dixie.flhealth.gov>.

For more information about this program, please contact Lola J. Butler, Community Health Educator at 352-498-4584 or Kyle Roberts, Health Educator Consultant at 352-463-3120 X 4003.