



Healthy Heart Ambassador Blood Pressure Self-Monitoring FREE Program Training



Why Become a Healthy Heart Ambassador?

1 in 3 Rhode Island adults have been diagnosed with high blood pressure, which can lead to serious problems like heart attack and stroke.

Do you want to help your community lead a heart healthy life?

Join this FREE training, offered by the Rhode Island Department of Health's Diabetes and Cardiovascular Health Program, and become a Heart Healthy Ambassador Program Facilitator!

Through this FREE training, you will learn how to implement the Heart Healthy Ambassador Blood Pressure Self-Monitoring (HHA BPSM) Program to your community. The HHA BPSM Program is an evidence-based lifestyle program that runs for 4 months and includes twice-a-month consultations and monthly nutrition education seminars.

Training Location, Dates, and Registration

Two half days on December 9 and 10 from 9:00 AM – 12:30 PM
at RIPIN, 300 Jefferson Blvd, Suite 300 Warwick, RI 02888.

Register with Erica Hanson, RIDOH Community Health Network Manager, **by December 2** [here](#) and email erica.hanson@health.ri.gov with any questions.

Space is limited to a maximum of 12 participants.

Participants of this training will also learn about upcoming 2025 funding opportunities for your organization to implement HHA BPSM to the community!