



American Heart Association®

Check. Change. Control.®

# SELF-MEASURED BLOOD PRESSURE MONITORING (SMBP) WORKSHOP

**Tuesday, September 24, 2019**

Redding Library, 1100 Parkview Ave  
Redding, California, 96001

Registration: 8:00 AM - 8:30 AM / Training: 8:30 AM - 3:00 PM

**This workshop is for health care providers including  
Community Health Workers/Promotoras.**

There is no cost to attend this event. All participants will receive a *Certificate of Completion*. Light lunch provided.

Space is limited, register today!

<https://www2.heart.org/site/Calendar?id=100441&view=Detail>

## Topics:

- Understanding blood pressure
- Working with patients on SMBP
- Healthy lifestyle recommendation
- Stress management
- Motivational coaching

Questions? Contact:

Juliette Martinez

Juliette.Martinez@heart.org

Presented in collaboration with:



Shasta County  
Health & Human  
Services Agency