

HEALTH COACHES

FOR

HYPERTENSION



In the 90-minute sessions, you will learn about topics such as:

- Physical Activity
- Substance Use
- Chronic Disease
- Medication Management
- Nutrition

The aim of Health Coaches for Hypertension is to improve hypertension self-management through small group educational sessions and support offered by trained health coaches. Goals include: increasing knowledge about hypertension self-management, increasing stage of readiness to make lifestyle changes required for successful self-management, promoting behavior changes in nutrition, physical activity, stress management, tobacco use, and medication management. Health Coaches for Hypertension consists of eight sessions. The 90-minute sessions include experiential learning strategies appropriate for those with health literacy challenges. A notebook of activities is provided for each participant which the health coach guides the participant in using throughout each session.

This class is for you if:

- You have been diagnosed with hypertension
- You are concerned about developing hypertension
- You want to learn more about weight control
- You are ready to make lifestyle changes