



## Blood Pressure Program through the YMCA

Together with the YMCA, PCS is offering a Blood Pressure Program to employees and dependent spouses. This is a 4 month program in person class that is open to all PCS Employees and spouses with PCS medical insurance. The YMCA's Blood Pressure Program helps participants reduce or manage their BP, increase awareness of triggers that may elevate BP, and learn the importance of nutrition and exercise.

### [Spring 2020 Blood Pressure Program Registration Information](#)

For question about the Blood Pressure Program, please contact Dawn Handley at [handleyd@pcsb.org](mailto:handleyd@pcsb.org) or 588-6151.

Employee Credit: 1

Spouse Credit: 1