

FIRST ROCK BAPTIST CHURCH



Presents

A VIRTUAL **BLOOD PRESSURE** SELF MANAGEMENT COURSE

Sign up today for this **FREE**, easy-to-follow, online, 4-month course that will help you take control of your blood pressure from the comfort of your home!

with



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Interested in learning more?

Click on the image below to meet your YMCA health educator, Kimberly Pedro!



THE YMCA WILL GIVE YOU:

1. one digital blood pressure monitor
2. one bag of healthy groceries
3. monthly virtual nutrition classes
4. 2 sessions each month with a health educator
5. the opportunity to win FREE group nutritional training with James Tate!

When you sign up for this program, you also enter a drawing to be selected to be in a small nutritional group with James Tate!

Mr. Tate is a ministry leader at the First Baptist Church of Glenarden. He uses his experience as a certified Integrative Nutrition Health Coach, Nutrition Therapist, Clinical Weight Loss Practitioner, and Sports & Exercise Nutritional Advisor to help people reach their wellness goals. Tate has also been certified as a health minister through Wesley Theological Seminary.

website: beyondw8loss.com



Email, **subject line: I'm ready!** to **Kimberly.Pedro@ymcadc.org** to sign up today

*If you need help with registering call Minister Deborah Nix 202-253-9780 or Donna Ruffin 301-437-1574

