

# Heart and Soul

Caring for What Matters for Better Health

Aurora Health Care is launching a new initiative at Tabernacle Community Baptist Church to help you manage your heart and soul for better health.

Heart and Soul is a series of seven monthly sessions where participants will:

- Meet with Aurora Mobile Health providers for blood pressure screenings twice a month at Tabernacle
- Track your numbers at home with a blood pressure home monitoring device
- Use spiritual care practices to stay calm and manage stress

## Orientation & Kick Off

Saturday, October 1st 1:00pm to 2:30pm  
at

Tabernacle Community Baptist Church  
2500 W. Medford Ave., Milwaukee

All are welcome to come to learn about the program,  
have your blood pressure taken, and meet with a  
Nurse Practitioner

For more information, join us for the October 1<sup>st</sup> kick off or contact Anya Gordon at Aurora Health Care at [Anya.Gordon@aah.org](mailto:Anya.Gordon@aah.org) or Pastor Donna Childs



We are  AdvocateAuroraHealth