



2 out of 3 adults
over the age of 65
have high blood
pressure.

**You can make
a difference!**

Know It **Control It** *for Seniors*

**Know It, Control It
for Seniors** is a four-
month program, led by
blood pressure coaches,
to help older adults
self-monitor their blood
pressure and incorporate
healthy lifestyle habits
to control high blood
pressure.

**Become a blood pressure coach
for Know It, Control It *for Seniors***
blood pressure management for older adults

**FREE Know It, Control It
Blood Pressure Coach Training**

Lunch will be provided.

Register now!

Email bloodpressure@communityclinicalconnections.com
and type **Know It, Control It** in the subject line. Include your
name, organization, phone number and return email address.

As a blood pressure coach, you will:

- Recruit and enroll participants into the Know It, Control It *for Seniors* program
- Conduct group classes at least twice a month for four consecutive months

Suggested class size = 8-12 participants

Class length = approximately 90 minutes

The instructional portion will last 30-45 minutes. An additional 45-60 minutes will be needed for measuring each participant's blood pressure and discussing it with them.

- Teach participants the proper technique for measuring blood pressure
- Encourage participants to self-monitor their blood pressure and record the readings using either an online tracker or a paper log during each class
- Consult with participants about their blood pressure readings, noting any changes
- Educate participants on healthy lifestyle topics during each class
- Not make any medical diagnoses or prescribe treatment for the participant

The North Carolina Division of Public Health is providing a free five-hour training for persons to become blood pressure coaches on the **Know It, Control It *for Seniors*** program. During this training, you will LEARN how to use an online blood pressure tracking tool, REVIEW proper blood pressure measurement techniques, and GET ACQUAINTED with the **Know It, Control It *for Seniors*** curriculum.

At the blood pressure coach training, you will receive a blood pressure monitor and the eight-lesson curriculum.

Know It Control It *for Seniors*

Facility Requirements

Access to a computer/tablet

Internet

Projector or large TV screen/monitor

Private room



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