

Panhandle

Public Health District

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For Immediate Release:

New Workshop to Help Manage High Blood Pressure Starting Soon

More than 40% of Americans are living with high blood pressure. Blood pressure is the force that occurs when blood pushes against the walls of your arteries. Having high blood pressure puts you at risk for heart disease and stroke, which are leading causes of death in the United States.

If you have been diagnosed with high blood pressure or if you want to learn more about how to prevent high blood pressure, you are invited to join us for the Living Well with High Blood Pressure workshop Thursdays at noon August 21 through October 9. Participants may qualify to receive a free electronic blood pressure monitor along with other educational materials. Join us Thursdays at noon August 21 through October 9 to learn how to manage your health and blood pressure along with others in similar situations. To register for the workshop, click here

https://nalhd.sjc1.qualtrics.com/jfe/form/SV_3qty2eAj8yGDO4e or call Cheri at 308.220.8020

Developed by the Clemson Institute for Engaged Aging, the Living Well with High Blood Pressure program has been proven to help people with high blood pressure better manage their condition. It utilizes the Health Coaches for Hypertension curriculum. The aim of [Health Coaches for Hypertension Control](#) is to improve hypertension self-management through small group educational sessions and support offered by a trained Health Coach.

Participant goals include:

- Increasing knowledge about hypertension self-management
- Increasing readiness to make changes required for successful self-management
- Modifying lifestyle choices in:
 - Nutrition
 - Physical activity
 - Stress management
 - Tobacco use
 - Medication management

Living Well with High Blood Pressure consists of eight weekly sessions delivered by a trained Health Coach. Join us virtually on your smart phone, tablet, or computer from anywhere. Session topics include: The Basics of Hypertension Control; Nutrition with emphasis on Dietary Approaches to Stop Hypertension (DASH); Physical Activity with emphasis on creating a personal physical activity plan;



Tobacco Cessation; Stress Management; Medication Management; one session about developing short-term action plans and another on creating a long-term goal. The Nutrition and Physical Activity sessions also include content on weight control. A workbook is provided for each participant.

Participants may qualify to receive a free electronic blood pressure monitor along with other educational materials.

Join us Thursdays at noon August 14 through October 2 to learn how to manage your health and blood pressure along with others in similar situations. To register for the workshop, click here

https://nalhd.sjc1.qualtrics.com/jfe/form/SV_3qty2eAj8yGD04e or call Cheri 308.220.8020

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.