

Wellness Committee Blood Pressure Hubs & Heart Health Series

May 21, 2025



Blood Pressure Hubs

- In partnership with American Heart Association
- Tabletop blood pressure kiosks located within the 5 county-owned senior centers
- Participants have access to checking their blood pressure every day they're at the center
- Resources on heart health are available on the tables, including information on Federally Qualified Health Centers (FQHC)
- Senior center newsletter now includes a “heart” logo by any program that has heart health benefits



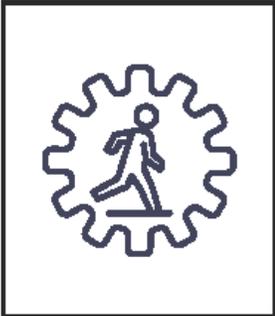
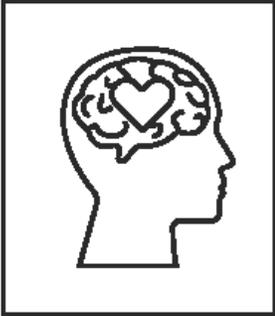
Heart Health Series

- Each month there is an educational topic presented on by a professional from the community
- Topics include: diabetes, physical activity, behavioral/mental health and food/nutrition/cooking
- Attendees earn raffle tickets into a drawing for basket at the end of the program
- Finale will include a fun game, participant testimonials and raffle drawings
- Hope is to continue these educational series on a quarterly basis in 2026.



Passports

**PASSPORT
TO A
HEALTHY HEART**

NAME: _____

MILWAUKEE COUNTY
SENIOR CENTERS
HAVE
HEART



MONTHLY EDUCATIONAL SERIES

OCTOBER

Friday, October 3

Physical Activity

Wilson Park Senior Center
2601 W. Howard Avenue
10:00am - 10:45am

Friday, October 31

Mental Health

Wilson Park Senior Center
2601 W. Howard Avenue
10:00am - 10:45am



county.milwaukee.gov/aging

- Monthly flyer with all locations, dates and topics



The final kickoff event!

MILWAUKEE COUNTY SENIOR CENTERS HAVE HEART



CHECK OUT YOUR HEART AT OUR
MILWAUKEE COUNTY-OWNED SENIOR CENTERS

We are excited to bring tabletop blood pressure kiosks to our county-owned Senior Centers. Having these easy-to-use devices in a familiar place will help with regular health monitoring. Educational resources will be available--get blood pressure guidance and tips to reduce blood pressure. Drop by soon to check your blood pressure and learn about heart health.

WILSON PARK KICK-OFF

Please Join Us!

Wilson Park Senior Center

2601 W. Howard Avenue

Friday, July 11

10:00am - 10:45am

**Check it Out:
At-Home Toolkit**

Need to check your blood pressure
more regularly? Check out a
Blood Pressure-at-Home Toolkit
for two weeks at a time.



county.milwaukee.gov/aging





**MILWAUKEE
COUNTY**