Community Garden!!

Whatever one sows, that will he also reap...
What is Blood Pressure?

- Blood Pressure is the amount of force or pressure that the blood is putting on the walls of blood vessels.
- The top number is the amount of pressure on the blood vessels when the heart beats and is called the Systolic blood pressure.
- The bottom number is the amount of pressure on the blood vessels in-between beats and is called the Diastolic blood pressure.
- NORMAL Blood Pressure is under 120 on top and under 80 on bottom.
Normal Blood Pressure is under 120 on top and under 80 on bottom
<120/80

Elevated Blood Pressure is **120-129** on top and **under 80** on bottom

Blood Pressure **130-139** on top or **80-89** on the bottom is considered **High Blood Pressure (stage 1)**

130-139 = High B/P
80-89 (Stage 1)

Blood Pressure **140 & higher** on top or **90 & higher** on the bottom is considered **High Blood Pressure (stage 2)**

140 & higher = High B/P
90 & higher (Stage 2)

Blood Pressure >/= 180/120
Over 180 on top and/or over 120 on the bottom is considered a
Hypertensive Crisis!
Contact your Health Care Provider immediately!

For more information about your blood pressure numbers go to the American Heart Association website
www.heart.org
What’s Next?

*Ongoing and New Activities*

- Walking Program at Cumberland Co Extension Office Monday, Tuesday, Wednesday, and Friday at 8am CST—see Connie Duvall.

- Gentle Stretching is at Cumberland Co Extension Office on Thursdays at 8am CST—see Connie Duvall

- **NEW!** Cooking Matters series to be offered beginning July 25th 12:30pm-2:30pm CST
  Must be 18 years or older. Spaces are limited!
  Call 270-864-2206 Ext 1166 to sign up!

---

**Have Diabetes?? We Are Here to Help!**

Healthy Living with Diabetes 4 Class Series Tuesday’s in August from 5:00 – 7:30 pm CST at the Cumberland County Extension Office!

We will have demonstrations on how to prepare healthy meals, and each week we will have Giveaways- Instapot, Air fryer, Crockpot & more!

Call 270-864-2206 Ext 1166 to reserve your seat!