Community Garden!!

Work is hard—but the reward is great!
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 con-
sidered *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*

- Chair Exercises will be taking a break over the summer and will resume in September.

- CPR classes scheduled for July 9, 11 and July 18 are full and there is a waiting list for future classes.

What's Cooking?

*Cooking Matters classes are currently in progress!*