

Moms with Monitors

A Black Maternal Health
Awareness Week Virtual Event



Monday, April 12
10am – 12pm
on Zoom

Moms with Monitors will discuss the importance of monitoring your blood pressure before, during and after pregnancy. Learn from community partners about what blood pressure numbers mean, how often to check it, chronic hypertension and how it affects women of color. Participants will also learn the best way to treat high blood pressure during pregnancy and how to discuss these issues with your medical provider.

Additional information about nutrition and healthy eating, breastfeeding and early child development will be shared by community partners.

Register today to win a digital blood pressure cuff and other prizes for you and your baby!

Call 561-517-2541 or visit
www.hmhbpc.org/calendar/momswithmonitors

Presented by:

