

JumpStart focuses on hypertension, heart health

Participants wanted for upcoming sessions in Pickens County

If you weren't one of the participants who signed up for the inaugural JumpStart session - which helps participants manage their blood pressure, improve heart health and develop better eating and exercise habits - not to worry. The wellness program, organized by the Good Samaritan Health & Wellness Center, New Beginnings Therapeutic Services, and the UGA Extension Office, will be offered in three more 8-week sessions this year.

For each session, participants attend a two-hour class once a week at the Pickens County Recreation Center. Every week attendees are led in a group exercise/education session, see healthy food preparation demonstrations, check blood pressure, and get a dose of clinical education with a new topic each week.

On the first group meeting of the first session, which began May 6, Katy Baker of New Beginnings discussed good posture, had participants perform low-impact exercises that can be done at home, and taught students how to take their resting heart and maximum heart rates. After the exercise session, Jessica Moore made a low-sodium noodle, beef, and tomato dish, which each participant sampled along with heart-healthy muffins.

They also logged daily diets, and learned about better shopping and time management habits to promote a healthier lifestyle.

The session ended with Good Samaritan's Chief Medical Officer Dr. Ken Austin, who discussed "Blood Pressure 101." In addition to Blood Pressure 101, clinical education topics will also cover the effects of alcohol on blood pressure, stroke and cardiovascular diseases, effects of smoking on blood pressure, and diabetes. The sessions culminate with a celebration on the final week.

"I live by myself and it's hard to stay motivated," said retired teacher and JumpStart participant Leamarie True, who signed up to help better control her blood pressure and lose weight. "If I'm alone it's easy to take shortcuts, but this will help me stay motivated. I love the community involvement."

Each week the lessons change, and attendees get free snacks, gifts, and educational materials to take home.

Upcoming 8-week sessions are: July 8 – August 30; September 2 – October 25; and October 28 through December 20. Sessions are offered in either a morning or evening class once a week.

For questions or to register contact Helen Harris at 706-253-4673 Ext: 230 or email jumpstart@goodsamhwc.org. See full ad on page 3.



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