

Healthy Heart Ambassador Program



The Healthy Heart Ambassador program (HHA) teaches persons with hypertension how to control and lower their blood pressure and learn how to maintain a healthy diet by working with a trained Healthy Heart Ambassador over the course of four months.

Enrollment is free of charge, but you need to have a diagnosis of high blood pressure and be at least 18 years old to participate. You have to be FREE of recent cardiac events, atrial fibrillation or other arrhythmias, lymphedema, or the possibility of developing lymphedema.

To learn more or to register, contact Estella Fondzeka at the Johnson County Department of Health and Environment at estella.fondzeka@jocogov.org or [913-477-8348](tel:913-477-8348).