



MAHONING COUNTY PUBLIC HEALTH

PREVENT · PROMOTE · PROTECT

Address
50 Westchester Drive
Youngstown, Ohio 44515

Phone
330-270-2855

Toll Free
(800) 873-6243

Laboratory Services
330-270-2841

Website
www.mahoninghealth.org

Facebook & Twitter
[@mahoninghealth](#)



Austintown
330-792-2397

Boardman
330-788-1485

Youngstown
234-855-1575



Phone
330-270-2855 ext. 136



FOR IMMEDIATE RELEASE DATE: April 10, 2025	Contact: Mahoning County PIO Team
	Phone: 330-270-2855 ext. 109
	Email: PIOTeam@mahoninghealth.org

Mahoning County Public Health to Offer *Health Coaches for Hypertension Control* A Hypertension Management and Education Program

Mahoning County Public Health is offering the *Health Coaches for Hypertension Control* program. The aim of this program is to improve hypertension self-management through small group educational sessions for adults aged 55 and older, covering topics such as the basics of hypertension control, nutrition, physical activity, tobacco cessation, stress management, and medication management.

Health Coaches for Hypertension is an evidence-based program that will:

- Increase knowledge about hypertension self-management
- Increase the stage of readiness to make lifestyle changes required for successful self-management
- Promote behavior changes in nutrition, physical activity, stress and medication management, and tobacco cessation.

Classes will begin:

- Date: Wednesday, April 23, 2025
- Time: 12-1 pm
- Location: Mahoning County Public Health, 50 Westchester Dr, Youngstown, OH 44515
- Classes will meet once per week for 8 weeks
- For more information: 330-270-2855 ext. 137

Did you know that over half of American adults have hypertension, and of those, only 20% had their hypertension under control? Uncontrolled hypertension is a major risk factor for strokes, heart failure, and kidney disease.

ABOUT MAHONING COUNTY PUBLIC HEALTH

Mahoning County Public Health, nationally accredited by the Public Health Accreditation Board, works to protect the public's health and to ensure conditions in which all people can live healthy lives. Mahoning County Public Health offers a variety of services from immunizations to environmental and community health programs. For a complete list of services visit mahoninghealth.org.

###