



MAHONING COUNTY PUBLIC HEALTH

PREVENT · PROMOTE · PROTECT

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FOR IMMEDIATE RELEASE DATE: April 20, 2026	Contact: Mahoning County PIO Team
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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 and covers 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: Monday, May 11, 2026
- Time: 11:00am-12:30pm
- Location: Tri-Lakes Library, 13820 Mahoning Avenue, North Jackson, OH 44451
- Classes will meet once per week for 8 weeks
- PRE-REGISTRATION IS REQUIRED
- For more information or to register visit libraryvisit.org, call the library at 330-744-8636, or speak to a librarian.

Did you know that over half of American adults have hypertension, and of those, only 20% have 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.

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