

Men's 30 & over Basketball League



For the early detection of high
Blood pressure (Hypertension)

Team pays Officials cost
Spring Session—*call for
start date

Location: O'Fallon Park
YMCA

Sunday's 10am to 4pm

Team owners/coaches
Contact B. Hayes
314-497-3840
bknyce69@gmail.com

- all players and coaching staffs agree to be screened for high blood pressure BEFORE league play.
- a high measurement activates a 4-month arrangement of reporting at least two measurements per month using a take home blood pressure monitor
- the participant is assigned a YMCA trained Healthy Heart Ambassador that oversees the participants progress
- participant attends two short personal consultations per month and one nutritional seminar per month

