

# Volunteer Program Facilitators Needed

## Healthy Heart Ambassador - Blood Pressure Self-Monitoring Program

In this exciting evidence-based program supported by the Delaware Division of Public Health, serve as a **specially trained facilitator** helping clients:

- Manage and understand blood pressure (BP)
- Measure and track their BP
- Set and achieve health goals
- Identify and control triggers that can raise BP
- Adopt healthier eating habits
- Increase physical activity

### Qualifications:

- The desire to help people living with high blood pressure achieve better control through a supportive, evidence-based, holistic approach
- 18 years or older
- Flexible schedule – evenings and weekends are permitted but not required
- Must be available a minimum of 30 minutes every other week
- College students encouraged to apply
- Clinical background not required

### Volunteer Facilitator Benefits:

- Eight hours of free training – will be provided based on your schedule
- Hands on patient engagement experiences - perfect for CNAs, retirees, and students
- Program support materials
- Contributing to improved health in your community

## Apply Now to be a Volunteer Program Facilitator:

To learn more about the program, visit:

<https://www.healthylivingdelaware.org/Individuals/Heart/Healthy-Heart-Ambassador-Program#why-now>

If you are interested in applying, call **302-208-9097** or email [DHSS\\_DPH\\_HHA@delaware.gov](mailto:DHSS_DPH_HHA@delaware.gov).



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