Community Events and Workshops

- Organization of monthly neighborhood events that provide free blood pressure screenings and relevant information on health and social services
  - **Mobile Van:** every 4th Saturday of the month on the corner of Oregon St and Sacramento St except in December
  - **Barber Shops:** Johnson’s House of Styles, Smooth Blends, and Don’s Headquarters third Friday of the month
- Training residents on leadership and health topics through the Health Advocate Program.
- Sponsoring neighborhood nutrition classes & health fairs
- Partnering with Oregon Park Senior Apartments, Spiral Gardens, McGee Avenue Baptist Church, Alta Bates Summit- Ethnic Health Institute/Community Benefits, EMS Corps, the UC Berkeley Blood Pressure Project, UC Berkeley Health Coach Collaborative, the South Berkeley Community, and much more.

Heart 2 Heart

**Community Events and Workshops**

Heart 2 Heart

*Your Heart is in Your Hands*

Heart 2 Heart

LifeLong Medical Care

Administrative & Patient Services

2344 6th Street

Berkeley, CA 94710

510-981-4100

A collaboration between the City of Berkeley, LifeLong Medical Care and the South Berkeley Community

Funded by Alameda County Measure A Essential Health Care Services Initiative and City of Berkeley Public Health
Heart 2 Heart Mission

Heart 2 Heart (H2H) is a community based effort to reduce the rates of heart disease, high blood pressure, and stroke in the H2H neighborhood of South Berkeley.

H2H serves as bridge between community, programs, resources, and services that are necessary to address the needs of community members.

A collaboration between LifeLong Medical Care, the City of Berkeley Public Health, community members and other local community organizations, Heart 2 Heart provides information and resources that promote healthier living in the South Berkeley community.

Take Control of High Blood Pressure

Blood pressure is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. You can have high blood pressure for years without any symptoms and if left uncontrolled, there is an increased risk of heart attack, stroke, and other forms of heart disease. This is currently the leading cause of death in Berkeley.

- Eat a diet rich in fruits, vegetables, and whole grains high in fiber
- Lower the amount of salt you use
- Maintain a healthy weight
- Stay physically active
- Limit your intake of alcoholic beverages
- Try to manage stress levels
- Monitor blood pressure at home and take your medications as recommended

Visit our Free Drop-in Blood Pressure Clinics:
- Mondays 10am-12pm
  South Berkeley Senior Center
  2939 Ellis St, Berkeley
- Thursdays 2:00 PM—4:00 PM
  LifeLong Over 60 Health Center
  3260 Sacramento Street, Berkeley

Heart 2 Heart Mini-Grants

A component of H2H is our Mini-Grant project, where we seek to address surrounding health disparities through the development and support of community-driven initiatives. These awards provide recipients with the support and guidance necessary to reach the goals of their proposed projects. Previous Mini-Grant recipients have conducted projects ranging from community gardening and disaster preparedness trainings to leadership development and stress reduction.

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