

B.E.A.T. Program Schedule

Week 1 Group Session

Participants attend Intro Session 1 to learn:

- Purpose of the program
- What is heart disease
- What is blood pressure
- Exercise guidelines and facts

Wednesday, September 29, 2021, 11:00 a.m. Main Campus or WebEx

Thursday, September 30, 2021, 12:00 p.m. Health Science Campus

Week 2 Group Session

Participants attend Intro Session 2 to learn:

- How does nutrition impact blood pressure
- Basic components of nutrition
- DASH diet
- Healthy eating tips

Wednesday, October 6, 2021, 11:00 a.m. Main Campus or WebEx

Thursday, October 7, 2021, 12:00 p.m. Health Science Campus

Weeks 2-6 Self-guided Activities and 1:1 Sessions (October 4 - November 7)

Each week, participants will have the option to meet 1:1 with a health coach to discuss their individual goals or discuss any questions/concerns they may have related to blood pressure. To schedule a 1:1 session, email healthyut@utoledo.edu.

A list of the self-guided activities is provided to participants during the group session in week 1

Week 6 Self-guided Wrap-up Session

Participants review the final wrap-up presentation (which is pre-recorded) in order to:

- Reflect on the last 6 weeks
- Set long term goals

Complete by November 7, 2021; this is a pre-recorded presentation that participants can watch on their own time during week 6.