



Touching Lives Since 1897

VON Oxford Cardiovascular Health Awareness Program +Action Plan (CHAP+AP) Blood Pressure Clinics

The *Cardiovascular Health Awareness Program + Action Plan (CHAP+AP)* targets older adults at high risk for future cardiovascular disease (CVD) and stroke and is designed to support prevention of CVD in Oxford County. CHAP continues to rely on the participation of family physicians, pharmacists, volunteers, community organizations and older adults. Older adult residents are invited to attend sessions for a cardiovascular risk assessment and blood pressure monitoring. Program results are sent to each participant's family physician and regular pharmacist. *A community health nurse is present at all CHAP BP Clinic Sessions.*

Volunteer Peer Health Educators:

- Complete a cardiovascular risk profile assessment and Blood pressure monitoring.
- Offer available community resources (i.e. Pharmacist /Meds Check Program, Oxford County BP Education Program, VON SMART Exercise Program etc).
- Provide information for interested participants to improve self-management of modifiable risk factors.
- Link participants to the web-based Heart & Stroke Foundation Blood Pressure Action Plan.

TILLSONBURG CHAP BP CLINICS

TILLSONBURG SENIOR CENTRE, 45 Hardy Ave.
4th Thursday monthly

SHOPPERS DRUG MART, 200 Broadway St., Tillsonburg
1st Tuesday monthly

COWARD Pharmacy, 165 Broadway St., Tillsonburg
3rd Tuesday monthly

WOODSTOCK CHAP BP CLINICS

SOUTH GATE CENTRE, 191 Old Wellington St. S.
2nd Thursday monthly

SHOPPERS DRUG MART, 959 Dundas St. E.
2nd Tuesday monthly

ZELLERS PHARMACY

1st Monday monthly

The above clinics are held from 9:30 am to 1:00 pm except for holidays.

For more information contact VON Oxford to speak to Beth Munro
SMART /CHAP Program Coordinator 519-539-1231-ext 455

INGERSOLL BLOOD PRESSURE CLINIC

PHARMASAVE, 60 Charles St. W., Ingersoll

4th Tuesday monthly

10:00 am - 1:00 pm