

To Your Good Health

The goal of the Cardiovascular Diseases Prevention and Management Program is to increase the number of Seminole County residents who achieve blood pressure control and who have their cholesterol managed with statin therapy and lifestyle modifications including diet, physical activity, medication adherence, and stress reduction.



Contact the Cardiovascular Disease Prevention and Management Program

Florida Department of Health
in Seminole County
400 W. Airport Boulevard
Sanford, FL 32773

Health Council of East Central Florida
5931 Brick Court Suite 164
Winter Park, FL 32792

James Witherspoon
407-752-0053

James.WitherspoonIV@flhealth.gov

or

Mary Rodriguez-Pichardo
407-665-3220

Mary.Rodriguezpichardo@flhealth.gov



Cardiovascular Disease Prevention and Management Program



Phone: 407-752-0053

ENROLL



Enroll now in this new Cardiovascular Disease Prevention and Management Program offered at no charge by the Florida Department of Health in Seminole County and Health Council of East Central Florida.

Enroll Today!

- ▶ Register by phone: (407) 752-0053
- or -
- ▶ Send this form via e-mail to:
James.WitherspoonIV@flhealth.gov
Mary.Rodriguezpichardo@flhealth.gov
or -
- ▶ Fax this form to: (321) 285-2144.

Program Benefits

- **FREE** program!
- Services provided in the privacy of your own home.
- Personalized nutritional education.
- Personalized physical activity and exercise education.
- Scheduled home and health assessment by a community paramedic and/or registered nurse.
- "Welcome to the program" participation incentives.
- Self-care cardiovascular health education classes and special events.

**You must be at least
18 years of age**



Enroll Now

1. How did you learn that you have high blood pressure and/or high cholesterol?

2. Contact information:

Name: _____

Street Address: _____

City: _____

Phone: _____

Email: _____

Please scan and email or fax this form to the emails or fax number provided on the back of this brochure.