



GOVERNMENT OF GUAM  
DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES  
*DIPATTAMENTON SALUT PUPBLEKO YAN SETBISION SUSIAT*



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**PRESS RELEASE PR26-086**

April 9, 2026

**Free Self-Measured Blood Pressure (SMBP) Sessions and Community Health Classes  
Available this April 2026**

Hagåtña, Guam – The Department of Public Health and Social Services (DPHSS), in collaboration with the Guam Healthcare Providers Coalition (GHPC), Payless Health Smart Program, Super Drug, and the Nutrition Program, University of Guam (UOG) Land Grant Extension Services, is pleased to announce the schedule of Self-Measured Blood Pressure (SMBP) sessions and auxiliary health-promoting classes for April 2026.

These activities are part of DPHSS' ongoing efforts during the April Public Health and Social Services Month, a time when the Department highlights services that support the health and well-being of the community.

“These sessions give residents a clear and simple way to check their blood pressure and understand what their numbers mean,” said Director Theresa C. Arriola. “Small steps like monitoring blood pressure, improving nutrition and learning new habits can make a real difference in long-term health.”

This month also introduces a new collaborative partner, Synergy Studios, in support of the DPHSS Hypertension Prevention and Control Project (HPCP). GHPC's addition of Healing Sessions at the community level aligns with the shared goal of “helping individuals manage their blood pressure to improve heart health using a multi-faceted, wholesome approach, being mindful of both the physical and mental well-being of the person.”

**April 2026 SMBP Community Sessions**

- April 6 – Mangilao Mayor's Office
- April 15 – Chalan Pago Mayor's Office

**April 2026 Auxiliary Classes Supporting Heart Health**

- Eating Heart Healthy – April 14, Mangilao Mayor's Office (Presented by the Nutrition Program, UOG Land Grant Extension Services)
- Heart Healthy Recipes – April 22, Piti Mayor's Office (Facilitated by the Payless Health Smart Team)
- Healing Session – April 29, Northern Regional Community Health Center (Led by Synergy Studios)

All sessions are free and open to the community. Residents are encouraged to participate and take proactive steps in monitoring and improving their heart health through education, nutrition, and holistic wellness activities.

For more news and updates from DPHSS, follow @dphssguam on Instagram and @guamdphss on Facebook, or visit [dphss.guam.gov](http://dphss.guam.gov).

For more information about these sessions, please contact the DPHSS Hypertension Prevention and Control Project at 671-777-1194 or participating partner organizations.

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