DO WELL, **BE WELL** WITH HYPERTENSION





Sessions Start:

ABOOUT OOUR CURRRICUUM Sessions Sta Thursdays starting April 1st -at the Library in Poo Dot more information and to Karen Lyssy 361-552-9747 x Caren.lyssy@ag.tad Thursdays starting April 1st – 29th at 10:30am at the Library in Port Lavaca

For more information and to preregister contact:

Karen Lyssy 361-552-9747 x203 karen.lyssy@ag.tamu.edu CLASS 1

Learn how the DASH eating plan may help in reducing blood pressure through food and self-care practices.

CLASS 2

Discover the benefits of fruits and vegetables to help reduce blood pressure.

CLASS 3

Understand way sodium plays a role in high blood pressure and learn tips to help reduce sodium in the foods we choose.

CLASS 4

Learn how to incoporate low-fat dairy into the DASH eating plan.

CLASS 5

An optional class on added sugars.

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