

DO WELL, BE WELL

WITH HYPERTENSION



DO WELL
BE WELL

TEXAS A&M AGRILIFE EXTENSION



ABOUT OUR CURRICULUM

Sessions Start:

Thursdays starting April 1st – 29th at 10:30am

at the Library in Port Lavaca

For more information and to preregister contact:

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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 incorporate low-fat dairy into the DASH eating plan.

CLASS 5

An optional class on added sugars.