



Please Join Us in Celebrating Good Health!

NUTRITION AWARENESS WEBINAR

DASHING TO BLOOD PRESSURE REDUCTION

NOVEMBER 6th

12:00PM – 12:30PM ET

You will learn...

- Lifestyle solutions to improve blood pressure through the DASH Diet (Dietary Approaches to Stop Hypertension)
- Information about your blood pressure numbers
- What is the connection between blood pressure and stress?
- Strategies to reduce sodium in the diet while enjoying the foods you love!

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