

**Please Join Us in Celebrating Good Health!**

## **NUTRITION AWARENESS VIDEO**

# **DASHING TO BLOOD PRESSURE REDUCTION**

### **Learn about...**

- 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 & stress?
- Strategies to reduce sodium in the diet while enjoying the foods you love!

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