

# DO WELL, BE WELL

## WITH HYPERTENSION



DO WELL  
BE WELL

TEXAS A&M AGRILIFE EXTENSION



### 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.

## ABOUT OUR CURRICULUM

### Sessions Start:

| April 3, 2024 – April 24, 2024 | 5:30 – 7:30 p.m. | 4224 Cobbs Dr  
Wednesday Evenings Waco Tx, 76710

### For more information contact:

Rachel Esquivel – FCH Agent

(254) 757-5180

rachel.esquivel@ag.tamu.edu