# DO WELL, **BE WELL**



# WITH HYPERTENSION



# **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:
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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 incoporate low-fat dairy into the DASH eating plan.

# CLASS 5

An optional class on added sugars.