

Healthy Lifestyles: Managing Your Blood Pressure the DASH Way

Mondays, September 8, 15, 22, 2014 | 11:00 AM—12:30 PM

Whether you have normal blood pressure or high blood pressure, good nutrition and regular physical activity are important for prevention and treatment of high blood pressure. Come learn the benefits of the Dietary Approach to Stop Hypertension Eating Plan and how it supports normal blood pressure as well as help reduce high blood pressure, as part of a physician-directed treatment plan.

Location: Forest Public Library
905 South Highway 314A, Ocklawaha

Cost: FREE, register to receive program packet

Registration: Please call (352) 438-2540

Instructor: Nancy Gal, Extension Agent IV

