



D.A.S.H.

DIETARY APPROACHES TO STOP HYPERTENSION

Take Control of Your Health

Learn how a few simple changes to your diet can have a big impact on your blood pressure! This free, virtual course offered by the Coastal Health District will provide information on how to start and stay on the DASH eating plan, including menus and recipes.

Lower sodium intake = lower blood pressure = a healthier you!



**Virtual Sessions
offered at 1pm and
5:30 pm**

**Session 1: 12/5
Session 2: 12/12
Session 3: 12/19**

Create SMART goals

**Better understand
the effects of sodium
& potassium**

**Learn to evaluate
marketing and food
labels**

GET INFO & SIGN UP



SCAN ME