



COOKING WELL FOR HEALTHY BLOOD PRESSURE

A cooking school designed to help those concerned about high blood pressure and anyone who prepares meals for them.

This series of 3 interactive classes is full of research-based information and healthy recipes. Sessions include: *DASHing Your Way to Improved Health, A Virtual Grocery Store Tour, and Cooking with Spices and Herbs.*

Are you ready to explore the new flavors of heart-healthy meals? Sign up today!