

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.*

Come Join us for 3 Classes to help you with Healthy Blood Pressure!
Cooking Demonstrations with each class! Lots of recipes, helpful hints, and giveaways!

No Charge for the Class

When: Thursday, November 1, 2018 at 2:00pm
Thursday, November 15, 2018 at 2:00pm
Thursday, November 29, 2018 at 2:00pm

Special prizes for those who attend all three classes!

Location: 2nd floor H.E.L.P. Education Classroom at
Kaufman Presbyterian Hospital THR.

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