



Give yourself a healthy boost

Take a convenient online class

Dietary Approaches to Stopping Hypertension (DASH Meal Plan)

Date: May 9, 2024 | **Time:** 12:00pm – 1:00pm

Join via computer or mobile device at:

<https://event.on24.com/wcc/r/4544826/2E8D8C905AAAD243880BD6CC202A221C>

Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Description: Learn about high blood pressure, decreasing salt, and choosing heart-healthy foods.

For questions, contact: Jessica Houze, jessica.houze@fultoncountyga.gov

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