

EAT SMART FOR A HEALTHY BLOOD PRESSURE

LUNCH AND LEARN:

NUTRITION AND HIGH BLOOD PRESSURE



**11 A.M.
WEDNESDAY, JULY 29
LEVY PLACE
COMMUNITY ROOM
303 FOSTER ST.**

LEARN ABOUT:

- Healthy food choices
- Foods to limit
- Smart nutrition tips
- Heart health message

INSTRUCTOR:

**Alexis Trice, MS
UT-TSU Extension Davidson County**

FOR MORE INFORMATION CONTACT:

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