

DASH *Diet* Healthy *Heart*

Monday, February 10th
1-2:30pm

- DASH Diet - Dietary Approaches to Stop Hypertension.
- What foods to incorporate and limit.
- Ask questions to a Northwestern Medicine professional.

***Please pre-register**

***Free to attend**

Presented
by:



Questions?

Contact: Laura Wassinger or Lynda Rohe

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