



Hypertension Prevention and Management: Nutrition Education Webinar

Led by a Sparrow Registered Dietitian

Exclusively for PHP and SPN Members, Free of Charge

Select the one-hour
session that works
best for you.

Nov. 2,
noon – 1 p.m. **OR**
5 – 6 p.m.

Dec. 3,
noon – 1 p.m.
5 – 6 p.m.

Taking control of your blood pressure and health means taking control of what's on your plate.

If you're concerned about your blood pressure or that of a loved one, this webinar is for you. You'll learn lifelong strategies to prevent and manage hypertension through whole-food nutrition and living a healthy lifestyle.

To join this free webinar:

- » Attendees must be a PHP or SPN member.
- » Pre-register by calling PHP at 517.364.8433 or email PHPCaseManagement@phpmm.org and use "nutrition webinar" in the subject line.
- » You'll receive a confirmation email with secure webinar login information.

If you've been told your blood pressure is too high or on a concerning upward trend, register today for the free Hypertension Prevention and Management: Nutrition Education Webinar. You'll learn:

- » How to manage and/or prevent hypertension by consuming nutritious foods and living a healthy lifestyle.
- » How the Mediterranean and DASH diet eating approaches can positively impact your health.
- » How these popular eating styles are known to help lower blood pressure, improve blood lipid profiles, decrease inflammation, and manage weight.
- » How to easily translate these diet styles into foods you can eat and enjoy every day.