

High Blood Pressure



Blood Pressure: Beyond the Salt Shaker

February 15, 2018

12pm - 12:45pm (Central Time)

Heart disease is the #1 cause of death in America. Taking preventive measures to control your health can decrease your risk of developing chronic diseases. Elevated blood pressure is your body's warning sign to act now!

Join this webinar and learn concrete tips to reduce your chances of developing high blood pressure. Learn about hidden sources of sodium, ways to increase flavor without using salt, and steps you can make to take control of your heart health.



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