

COOKING WELL FOR HEALTHY BLOOD PRESSURE

Lessons Include:

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| June 10 | DASHing Your Way to Improved Health |
| June 17 | A Virtual Grocery Store Tour |
| June 24 | Cooking Well with Spices and Herbs |

*Food Tastings & Recipes
will be provided*



Tuesdays

11:00 AM - 12:00 PM

9541 Plaza Cir, El Paso, TX 79927

Cooking Well for Healthy Blood Pressure is a program designed to help individuals prevent and manage high blood pressure by educating on healthy eating and lifestyle changes.

Scan to
Register



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Register

For More Information Contact:

Texas A&M AgriLife Extension
(915)273-3502

or

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<https://forms.gle/6fQz1p5eeNwCbsmW7>

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