

How to Lower Blood Pressure Naturally!



Find out how to lower blood pressure naturally! During this one hour presentation, learn how to choose/prepare healthier foods that taste good. If you already take blood pressure medicine there may be a potential to lower or eliminate blood pressure medication.

Upcoming Programs for 2017

Held at Cheshire Medical/Dartmouth Hitchcock Keene

- Thursday, April 20th 4:30 – 5:30 pm
- Thursday, May 11th 1:00 – 2:00 pm
- Thursday, September 21st 1:00—2:00 pm
- Thursday, October 12th 4:30 – 5:30 pm

To register/no charge: online at <http://events.cheshire-med.com> or call **354-5460**

Also Available: Low Sodium Shopping Tour

Dietitian guided Hannaford shopping tour offered most months—located at Hannaford's in the West Street Shipping Center, 481 West Street, Keene.

Have you been told to limit your sodium but aren't sure where to start? Are you feeling hopeless looking at food labels, only to find out that your favorite foods are loaded with sodium? If so, this is the tour for you. Discover lower sodium alternatives to some of your favorite foods and simplify the label-reading experience so you can stick with that low sodium lifestyle! Please allow 60 minutes and meet at the Keene Hannaford Customer Service Station

Sign up: Stop by Customer Service at the Keene Hannaford Store, or call 357-2832

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