

NUTRITION EDUCATION WEBINAR

Hypertension Prevention and Management

Please join us for a free webinar
Led by a Sparrow Registered Dietician

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

Thursday, Nov. 9, 2023, 12–1 p.m.

Thursday, Dec. 7, 2023, 12–1 p.m.

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.

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.

If you've been told your blood pressure is too high or on a concerning upward trend, register today for this free 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.

 **Physicians
Health Plan**