

# COOKING WELL

WITH HYPERTENSION

This series of 3 interactive classes is full of research-based information and healthy recipes! Sessions include: DASHing your way to improved health, a virtual grocery store tour, and cooking with spices and herbs.

Location: WEW, Inc.  
4549 S. Westmoreland Road  
Dallas, TX 75237

Thursdays August 8th, 15th, and 22nd  
10 - 11:30am

To register, contact:  
214-819-5115

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