

The Local Health Improvement Coalition in the Howard County Health Department and the Office on Aging and Independence in the Howard County Department of Community Resources and Services present:

May is high blood pressure education month!
**COVID-19-The Impact of Nutrition on
Blood Pressure Control**

Thursday, May 28, 2020

2:00 p.m. - 2:45 p.m.

Virtual Presentation

Free Event!

Join us for a discussion about how what we eat and drink can strongly influence blood pressure. Learn how to manage your hypertension through healthy eating, label reading, and innovative cooking techniques.

Presenters:

- Carmen Roberts, Registered Dietitian
- Stephanie Rigsby, Nutrition Specialist

Register for the Webex: <https://bit.ly/2LqPsYY>