

Heart Healthy Eating with Hypertension



This FREE workshop is for people who have been diagnosed with hypertension (high blood pressure) who want to learn how to better manage their condition.



LEARN ALL ABOUT:



Where's the Salt



Know What Your Numbers Mean



Nutrition Tips



Reading food Labels

ONE-HOUR LEARNING



In-Person



Thursday, Sept. 17, 2026



5:00 PM - 6:00 PM



Location: Charles County Health Dept (Main Lobby)

4545 Crain Hwy, White Plains MD 20695

ONE-HOUR LEARNING



Virtual via Zoom



Wednesday, Sept. 23, 2026



6:30 PM - 7:30 PM



Must register to receive Zoom link



PLEASE REGISTER
CALL 301-609-6932



