

# Cooking to Improve Hypertension

CAIR, Lake Superior Room

1-2 pm for three Thursdays, Feb. 10, 17, 24

Learn how to cook using spices to lower the sodium intake. Three modules will be presented to assist with lowering blood pressure through diet. Each module includes a dish that will be demonstrated for participants to sample.

Grocery items will be provided to participants to make the dish at home.

After this program, participants will:

- Become familiar with seasoning alternatives
- Understand how to do recipe modification
- Understand how elevated blood pressure affects the heart
- Become familiar with the DASH diet
- Learn to become a label reader
- See the benefits to cooking at home

**Registration is required.**

Class space is limited.

Call Barb at 218-878-2141 for more information and to register.