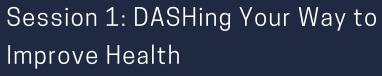
TEXAS A&M GRILIFE EXTENSION

Cooking Well for Healthy Blood Pressure

This series of 3 interactive classes are full of research-based information and healthy recipes.





Session 2: A Virtual Grocery Store

Session 3: Cooking with Spices and Herbs



For more information or to schedule this series contact
Health & Wellness EducatorAshley Hernandez by phone (210) 631-0400 or by email

ashley.hernandez@ag.tamu.edu.

(Minimum of 10 - 15 participants per class required.)