

Cooking Well for Healthy Blood Pressure

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



Session 1: DASHing Your Way to
Improve Health

Session 2: A Virtual Grocery
Store

Session 3: Cooking with Spices
and Herbs

For more information or to schedule this series contact
Health & Wellness Educator-
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(Minimum of 10 - 15 participants per class required.)