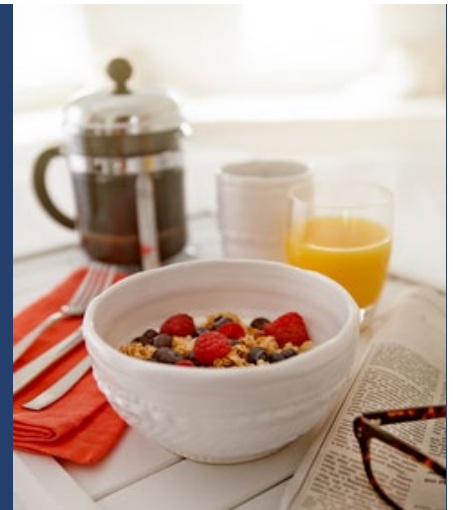


Give yourself a healthy boost

Take a convenient online class



Dietary Approaches to Stopping Hypertension

Description: Learn about high blood pressure, decreasing salt, and choosing heart-healthy foods.

Join us for either of the sessions below:

Date: May 24, 2022

Time: 12:00pm – 1:00pm

Join via computer or mobile device at:
<https://event.on24.com/wcc/r/3752834/FA43C6C5E491786A12A51FDBBF21D25E>

Registration is now available and will remain open through the end of the event.

For support, [click here.](#)

Date: May 26, 2022

Time: 6:00pm – 7:00pm

Join via computer or mobile device at:
<https://event.on24.com/wcc/r/3750261/94A2CC28F7A1BE90C89DB1CA9D64FE51>

Registration is now available and will remain open through the end of the event.

For support, [click here.](#)

At no cost to employees!

For more information, contact:

Amanda Thomas,

amanda.d.thomas@emortyhealthcare.org

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