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.

**For more information, contact:**  
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At no cost to employees!