

# Control your blood pressure with the **DASH** eating plan

## Dietary Approaches to Stop Hypertension

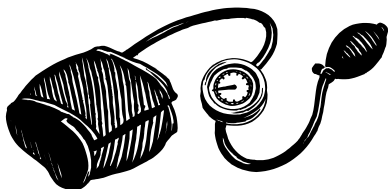
Learn *Heart Healthy Dietary Guidelines* including the “Dash Diet” and the “Mediterranean Way of Eating”.

### **Presentation by: Dietitian Stacy Colich, RD, LD, CDE**

St. Luke's Clinical Dietitian/Diabetes Educator  
currently serving Sawtooth Mountain Clinic patients

**Where:** Sawtooth Mountain Clinic  
Lower Level Classroom

**When:** Thursday September 9, 2010  
5pm Blood Pressure Screenings  
5:15 - 6pm Presentation



Refreshments will be served.