



BLOOD PRESSURE SELF-MONITORING PROGRAM

# NUTRITION SEMINARS

**SEPT. 23 – OCT. 14**

**THURSDAYS, 7:00 PM – 8:00 PM**

LOCATED: YWCA (2525 W 2nd St.)

PRICE: FREE!



**SCAN ME  
TO SIGN UP**

## LEARN TIPS, TRICKS, & EDUCATION ON LIFESTYLE CHANGES!

The Hastings Family YMCA is partnering with the YWCA to offer free nutrition seminars! Come to one or all four seminars!

### NUTRITION SEMINAR TOPICS:

1. Dietary Approaches
2. Reducing Sodium Intake
3. Shopping, Preparing, & Cooking for Better Blood Pressure Management
4. Heart Healthy Eating for Life



eliminating racism  
empowering women  
**ywca**  
Adams County Nebraska

BLOOD PRESSURE SELF-MONITORING PROGRAM

# NUTRITION SEMINARS

**SEPT. 23 - OCT. 14**

**THURSDAYS, 7:00 PM - 8:00 PM**

LOCATED: YWCA (2525 W 2nd St.)

PRICE: FREE!



## LEARN TIPS, TRICKS, & EDUCATION ON LIFESTYLE CHANGES!

The Hastings Family YMCA is partnering with the YWCA to offer free nutrition seminars! Come to one or all four seminars!

### NUTRITION SEMINAR TOPICS:

1. Dietary Approaches
2. Reducing Sodium Intake
3. Shopping, Preparing, & Cooking for Better Blood Pressure Management
4. Heart Healthy Eating for Life



BLOOD PRESSURE SELF-MONITORING PROGRAM

# NUTRITION SEMINARS

**SEPT. 23 - OCT. 14**

**THURSDAYS, 7:00 PM - 8:00 PM**

LOCATED: YWCA (2525 W 2nd St.)

PRICE: FREE!



## LEARN TIPS, TRICKS, & EDUCATION ON LIFESTYLE CHANGES!

The Hastings Family YMCA is partnering with the YWCA to offer free nutrition seminars! Come to one or all four seminars!

### NUTRITION SEMINAR TOPICS:

1. Dietary Approaches
2. Reducing Sodium Intake
3. Shopping, Preparing, & Cooking for Better Blood Pressure Management
4. Heart Healthy Eating for Life



BLOOD PRESSURE SELF-MONITORING PROGRAM

# NUTRITION SEMINARS

**SEPT. 23 - OCT. 14**

**THURSDAYS, 7:00 PM - 8:00 PM**

LOCATED: YWCA (2525 W 2nd St.)

PRICE: FREE!



## LEARN TIPS, TRICKS, & EDUCATION ON LIFESTYLE CHANGES!

The Hastings Family YMCA is partnering with the YWCA to offer free nutrition seminars! Come to one or all four seminars!

### NUTRITION SEMINAR TOPICS:

1. Dietary Approaches
2. Reducing Sodium Intake
3. Shopping, Preparing, & Cooking for Better Blood Pressure Management
4. Heart Healthy Eating for Life



BLOOD PRESSURE SELF-MONITORING PROGRAM

# NUTRITION SEMINARS

**SEPT. 23 - OCT. 14**

**THURSDAYS, 7:00 PM - 8:00 PM**

LOCATED: YWCA (2525 W 2nd St.)

PRICE: FREE!



## LEARN TIPS, TRICKS, & EDUCATION ON LIFESTYLE CHANGES!

The Hastings Family YMCA is partnering with the YWCA to offer free nutrition seminars! Come to one or all four seminars!

### NUTRITION SEMINAR TOPICS:

1. Dietary Approaches
2. Reducing Sodium Intake
3. Shopping, Preparing, & Cooking for Better Blood Pressure Management
4. Heart Healthy Eating for Life

