

COOKING WELL With *Hypertension*

COOKING WELL WITH HYPERTENSION IS A 4-WEEK PROGRAM DESIGNED TO HELP INDIVIDUALS PREVENT AND MANAGE HIGH BLOOD PRESSURE BY EDUCATING ON HEART-HEALTHY EATING AND LIFESTYLE CHANGES.

MAY 7 - 28, 2026

 THURSDAY NIGHTS
5:30 – 7:00 PM

 AGRILIFE EXTENSION OFFICE
4224 COBBS DRIVE
WACO, TX 76710

**\$25/
PERSON**



LESSONS INCLUDE:

- DASHING YOUR WAY TO IMPROVED HEALTH
- A VIRTUAL GROCERY STORE TOUR
- COOKING WELL WITH SPICES AND HERBS
- UNCOVERING ADDED SUGARS

TO REGISTER CALL (254) 757-5180 BY MAY 5TH

FOR MORE INFORMATION:  RACHEL.ESQUIVEL@AG.TAMU.EDU  **254-757-5180**